

# swish'n squish and presto!

**We can help  
turn these...**



**into these...**



Last year in Alberta, you helped keep more than 21 million empty milk containers out of the garbage and out of landfill sites. That's more than 1400 tonnes of empty milk jugs and milk cartons.

## **What can empty milk containers be recycled into?**

**Empty milk jugs can be recycled into many products including:**

- plastic pipe • drainage tile • flower pots
- automobile parts • construction materials

**Empty milk cartons can become:**

- corrugated cardboard • household tissue products • fine stationery

**Let's aim for the next 21 million!**

Let's all keep on swishing and squishing...  
and showing everyone that we have a big crush on Alberta.

For more information about milk container recycling, and the facilities in your community, visit:



[www.milkcontainerrecycling.com](http://www.milkcontainerrecycling.com)  
1-877-414-5847

**swish'n  
squish**



ALBERTA DAIRY COUNCIL  
MILK CONTAINER  
RECYCLING PROGRAM