



Develop an even bigger crush on Alberta.  
Take the Waste-Less Challenge.

Thanks to people all over Alberta, millions of empty milk containers are being recycled and turned into other useful products. That means tonnes of waste are diverted from our landfill sites. But there are still millions more containers that can be recycled.

Jugs, cartons, single serve containers. Each and every one of them can be put to better use. Swish, squish and recycle them all. Your crush on Alberta will keep growing and growing.

### Take the Waste-Less challenge.

You can help by pledging to commit to recycle every single milk container you buy for the next 6 months. Join in officially by signing your pledge to Waste-Less in the Milk Container Recycling Program's Waste-Less Challenge.

Go to [www.wastelesschallenge.com](http://www.wastelesschallenge.com).

[milkcontainerrecycling.com/AB](http://milkcontainerrecycling.com/AB) • 1.877.414.5875



**swish'n  
squish** ALBERTA DAIRY COUNCIL  
MILK CONTAINER  
RECYCLING PROGRAM

