



Are you frustrated or confused about what to do with that old fridge or broken-down sofa? A bulky item is any large, heavy, or difficult-to-move object that is too big to fit in your trash bin. These items are never fun to deal with, but knowing all your options can help. Read all about it at [Got the bulky item blues?](#)



There are many plastic bags you can recycle, but there are also some that you can't. Many frozen food bags and pouches contain a barrier polymer or other additives. These barriers and additives help protect the food and extend shelf life, but recyclers consider them to be a contaminant. Please throw these bags in the trash. Learn which types of plastic bags and film are recyclable by downloading the [Recycle Plastics Better](#) flyer.



Meal planning is a great tool for reducing food waste. When planning, try to include food you have already. Also take into consideration how many meals you will eat at home or eat out. For more planning tips, visit [KC Food Wise](#).



Condiment packages can't go in your recycling bin because they are contaminated by food, most are constructed from plastic and metallic foil laminates that can't be separated for recycling, and plastic dipping cups are too small to be captured by recycling equipment. Avoid packets and use condiments already in your fridge. The next time you go through a drive-through or order take out, simply say "skip the straws, please, and hold the condiments, too." For more waste reduction and recycling info, visit [RecycleSpot](#).