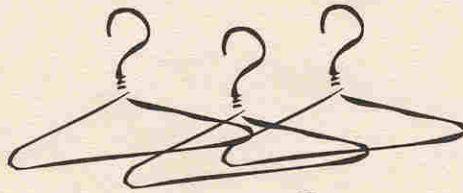


You can lose 74 lbs. a year!

1½ pounds a week = 3 ounces a day recycling.

Monday



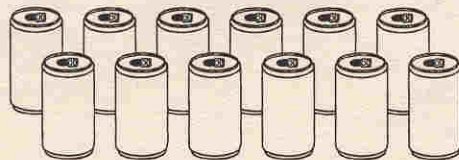
= 3oz.

Tuesday



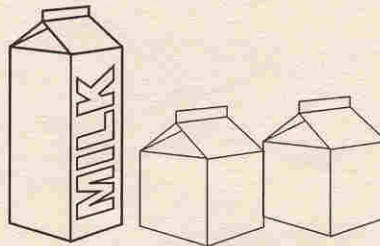
= 3oz.

Wednesday



= 3oz.

Thursday



= 3oz.

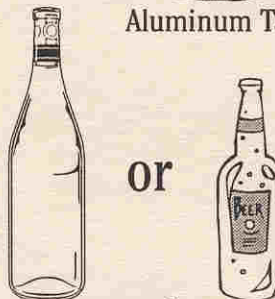
Friday



= 3oz.

Aluminum Take-out

Saturday

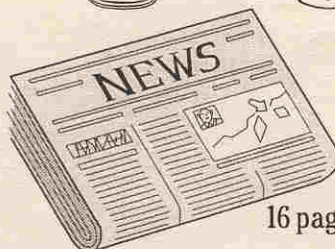


or

= 3+oz.

Sunday

1 week



16 pages

= 3oz.

= 1½ pounds

Recycle instead.

Salisbury/Sharon Transfer Station

What's 3 ounces?

3 ounces a day = $1\frac{1}{3}$ pounds a week recycling.



3 metal hangers



1 pair of scissors



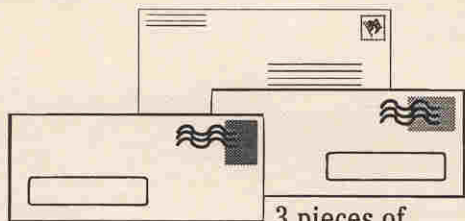
Two 12oz plastic bottles



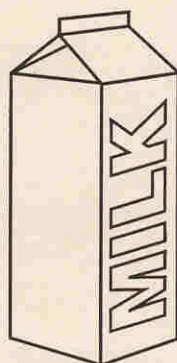
16 pages



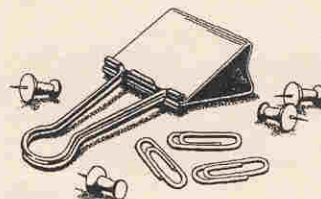
38 yogurt foil seals



3 pieces of
junk mail



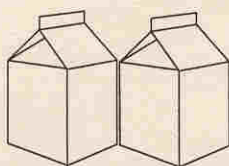
1 quart carton



6 binder clamps + 54 paper clips



3 metal jar lids



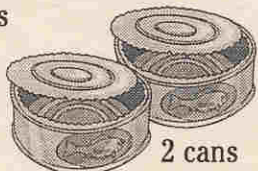
2 pint OJ containers



3 aluminum take-out pans



37 nails & screws



2 cans

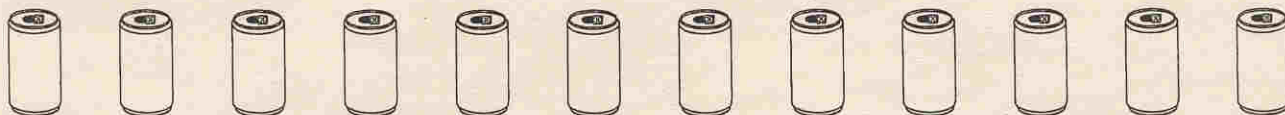
1 whisk



1 can



9 mystery keys



12 aluminum cans

Recycle instead.

Salisbury/Sharon Transfer Station