



# Sustainable living

In Sweden we are very into recycling.  
99 percent of our household garbage  
are recycled and reused.

Don't be a punk,  
recycle your junk!



Do something  
green today

In all of our housing areas there are recycling facilities, swedish: "soprum" or "miljöstuga", where you sort your waste for recycling. Here are the most common fractions, their Swedish names and translations.



## Kompost Food waste

Everything that can decompose into soil: leftovers, eggshell, coffee-grounds, unbleached kitchen paper.



## Plast Plastic (packagings)

Plastic containers, tooth paste tubes, ketchup bottles, etc.



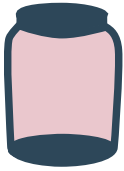
## Metall Metal containers

Food tins, metal tubes for mustard, mayonnaise or such, aluminum foil, vegetable cans.



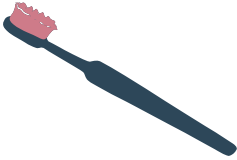
## Pappersförpackningar Paper packaging

All packagings containing at least 50 percent paper. This includes milk cartons, cardboard, waxed paper, empty toilet rolls and paper grocery bags.



## **Färgat/ofärgat glas** **Coloured/uncoloured glass**

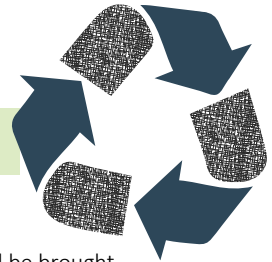
**Glass containers**, glass bottles, glass jars. Divide them into clear, see-through glass and coloured glass.



## **Brännbart** **Combustible**

**Burnable waste** that cannot be reused or recycled other than by their energy content. For example: envelopes, cotton, cleaning waste, rubber, wood, plastic items like toothbrushes and dish brushes.

## **Återvinningscentral** **Recycling central**



**Garbage that you cannot recycle in your housing area** should be brought to one of the municipality's recycling stations. Here you can leave almost all kinds of waste, for example batteries, clothes, broken furniture, light bulbs, broken electrical goods, cooking oil, broken plates and drinking glasses.

### **CONTACT US!**

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Pay it forward! Perfect for fridge decorating purposes!

# DO SOMETHING GREEN TODAY

*—Some tips on how to be more eco-friendly, it's the little things that make the biggest difference.*

**VISIT ONE OF UPPSALA'S GREAT SECONDHAND SHOPS.** Vintage is stylish!

**PANTA MERA!** Let your bottles reincarnate into new things and get some cash for candy.

**MAKE A TIKTOK OF ONE OF THE PANTA-MERA SONGS.** A contribution to recycling.

**DISCOVER YOUR NEW TOWN THE UPPSALA-WAY** - by bicycle!

**PLOGGA** = jogging + picking up junk in nature. Double win!

**MOVING OUT?** Give your left-over food or furniture to a friend or a charity. If nobody wants it, recycle it!

**UPCYCLE** = Återbruk. A cheap, creative and ecofriendly way of getting unique stuff.

**FIX & REPAIR.** Let your things live longer by fixing them instead of throwing them out.

**EAT YOUR GREENS.** Swap some of your meaty meals into green alternatives and enjoy environmental as well as health effects.

**CHECK YOUR CLIMATE FOOTPRINT.** How much of a climate-hero are you?

**CLEAN GREEN** - back to old school cleaning hacks: *såpa*, *ättika* and *bikarbonat* are your best cleaning-mates.

**CHOOSE MILJÖMÄRKT.** When shopping, look for green markings. This indicates products of sustainability with lower impact on the environment.

**SAVE ELECTRICITY** - turn off lights when leaving a room, use LED-lights, fill up your dish/washing machines, don't leave appliances on forever and ever...

**RECYCLE YOUR JUNK (RIGHT)** - now it's time to prove you're not a punk.

**KEEP UP THE GREEN WORK!**