



How to Dispose of Packaging from Online Orders

The growing popularity of online shopping and meal delivery programs is also leading to a growing sustainability problem—what to do with all the packaging. It's not uncommon to have more packaging than the actual product you ordered. Follow these tips to properly dispose of common packaging materials.

- **Cardboard box** - The outer cardboard box can be recycled. Just flatten the box and place in or beside the recycle cart.
- **Invoices** – As long as invoices and receipts don't have a stickered backing you can recycle them. Anything printed on a sticker must go in the trash.
- **Plastic air pillows and bubble wrap** – Like plastic bags and films, these should be collected and taken back to drop-off locations at grocery and big-box stores.
- **Packing peanuts** – Because these are made from polystyrene (Styrofoam®), packing peanuts cannot be disposed in your curbside recycling cart. Place them in the trash or reuse them. Your local UPS or shipping store may also take them back for reuse.

To find recycling options for packaging, start with the company you are doing business with. Some e-commerce companies have very innovative packaging returns programs. [Amazon's Give Back Box](#) program allows you to fill your empty Amazon box with items you no longer need. Donations go directly to your nearest participating charitable organization using a free shipping label.