



A #BETTERBC STARTS WITH ALL OF US.

Team BC keeps about 200,000 tonnes of packaging and paper out of landfills and the environment every year. But it isn't time for a victory lap yet, because we still have a lot of work to do together.

To win the fight against waste, we need to make sure that we are recycling more and recycling right. Let's show em' what we can do!

PLASTIC PACKAGING

Did you know? 94% of BC residents think we should reduce and recycle plastic packaging, but only 43% of plastics are actually set out for collection or taken to a depot. Let's turn our good intentions into action!

You can make a difference by joining in - put hard plastic packaging in your blue box and take flexible plastics (like plastic bags, zipper-lock pouches and crinkly wrappers and bags) to a depot or London Drugs store.

DEPOT

More and more BC residents are taking their flexible plastics and foam packaging to depots instead of letting them end up in landfills, our communities or nature.

You can join in and make a difference by bringing these items to a depot or London Drugs store near you. If everyone in BC brought their flexible plastics to the depot we would collect and recycle 389 full-sized swimming pools full of flexible plastics, keeping it out of the landfill. Think of the impact we can have.

METAL AND FOIL

Did you know that metal and foil packaging can be recycled? Even the aluminum foil from your casserole or turkey dinner can be recycled.

Give it a rinse to get off most of the food residue and recycle it in your blue box!

Did you know that Recycle BC is recycling 94% of all materials that are received? But this only works if we set materials out for collection or return them to the depot. Think of the impact we can all have together.

Use the Recycle BC app to learn what you can recycle and where.

RECYCLING COLLECTION SCHEDULE

Place paper, containers and glass recycling at curb by:

NORTH (AM ZONE)



7:00 am

SOUTH (PM ZONE)



10:00 am

JULY 2025						
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NOVEMBER 2025						
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MARCH 2026						
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AUGUST 2025						
SUN	MON	TUE	WED	THU	FRI	SAT
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17	18	19	20	21	22	23
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DECEMBER 2025						
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28	29	30	31			

APRIL 2026						
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SEPTEMBER 2025						
SUN	MON	TUE	WED	THU	FRI	SAT
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JANUARY 2026						
SUN	MON	TUE	WED	THU	FRI	SAT
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MAY 2026						
SUN	MON	TUE	WED	THU	FRI	SAT
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July 2025 - June 2026

OCTOBER 2025						
SUN	MON	TUE	WED	THU	FRI	SAT
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FEBRUARY 2026						
SUN	MON	TUE	WED	THU	FRI	SAT
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JUNE 2026						
SUN	MON	TUE	WED	THU	FRI	SAT
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21	22	23	24	25	26	27
28	29	30				

ENSURE MORE MATERIALS ARE RECYCLED AND KEPT OUT OF LANDFILL BY REMEMBERING THESE PRO-TIPS:

- 1 Line it up.** Put your yellow bag between your boxes, not on top. Leave about 1m (3 feet) of space between recycling boxes/bags and your garbage/organic carts.
- 2 Keep it clean.** Empty and rinse containers to prevent contamination, recycle more materials, and avoid attracting wildlife when you put them out for collection.
- 3 Flatten and cut.** If your cardboard is too big for the yellow bag, flatten and cut it into smaller pieces, no larger than 76 cm x 76 cm (30 in x 30 in). Stack them loosely between your boxes and yellow bag. Don't forget to keep flexible plastics out of your recycling!
- 4 Avoid litter.** Don't overfill your recycling boxes. If you can't fit everything comfortably, contact Recycle BC's collection partner for an additional box or use a similar open box (like a laundry basket or storage box) to sort your material properly.
- 5 We're here to help.** Download our app, email us at info@recyclebc.ca or reach out on social media @RecycleBC.



OOPS! Did you receive an Oops tag on collection day?

Our collection partners may leave these behind if your material is unable to be collected. The tag will indicate the issue.

GFL Environmental is Recycle BC's curbside collection partner in Coquitlam. They can answer questions about collection zones, missed pick-ups, holiday schedules, or recycling boxes/bags.

Contact: GFL Environmental
Phone: 604-529-4011
Email: srrecycle@gflenv.com

NEARBY DEPOTS

United Boulevard Recycling and Waste Centre
995 United Blvd, Coquitlam
604-681-5600

Coquitlam Return-It Depot
#104 - 2560 Barnet Highway, Coquitlam
604-464-6648

Lougheed Return-It Depot
1045A Lougheed Highway, Coquitlam
778-397-5005

PoCo Return-It
2577 Kingsway Ave, Port Coquitlam
604-945-3313

Sapperton Return-It Depot
#21 - 79 Braid St, New Westminster
778-791-2802

London Drugs - Coquitlam Centre*
#1030 - 2929 Barnet Highway, Coquitlam
604-448-4815

London Drugs - Lougheed Town Centre*
#101 - 9855 Austin Avenue, Burnaby
604-448-4825

*London Drugs accept flexible plastics and foam packaging only. Due to space limitations, a maximum of one grocery bag of each material is suggested per visit.

ABOUT RECYCLE BC

Recycle BC is a not-for-profit organization responsible for residential packaging and paper product recycling throughout BC, servicing over 2 million households. Recycle BC ensures your household materials are picked up, sorted, and responsibly managed and recycled. Our program is funded by 1,200 businesses that include retailers, manufacturers and restaurants that supply packaging and paper to BC residents, shifting costs away from homeowners.

For more information visit:

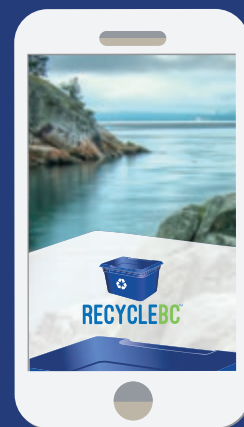
[RecycleBC.ca](https://www.recyclebc.ca)
@RecycleBC

Contact: GFL Environmental
Phone: 604-529-4011
Email: srrecycle@gflenv.com

For information about garbage or green cart collection services, please contact the City of Coquitlam at 604-927-4300.

Download the App

View your collection schedule, sign up for recycling reminders, see depot locations, and search materials with the Recycle BC app.



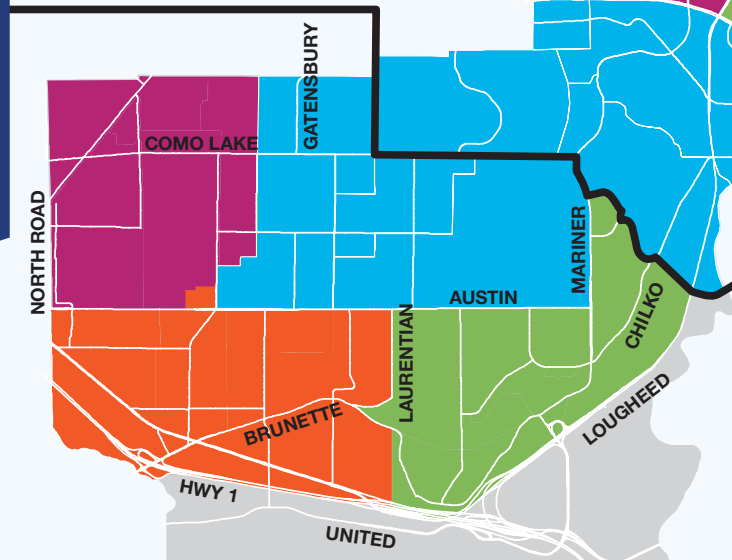
[RecycleBC.ca/App](https://www.recyclebc.ca/app)

Please find a detailed material list at [RecycleBC.ca/what-can-i-recycle](https://www.recyclebc.ca/what-can-i-recycle).
請瀏覽 [RecycleBC.ca/what-can-i-recycle](https://www.recyclebc.ca/what-can-i-recycle)
查詢物料清單中文版。
ਕਿਰਪਾ ਕਰਕੇ ਇਕ ਅਨੁਵਾਦਿਤ ਸਮੱਗਰੀ ਸੂਚੀ ਨੂੰ ਇਥੇ ਦੇਖੋ
[RecycleBC.ca/what-can-i-recycle](https://www.recyclebc.ca/what-can-i-recycle).
번역된 자료 목록은 [RecycleBC.ca/what-can-i-recycle](https://www.recyclebc.ca/what-can-i-recycle)
에서 찾으십시오.
لطفاً فهرست مواد را به تفصیل در
[RecycleBC.ca/what-can-i-recycle](https://www.recyclebc.ca/what-can-i-recycle) مشاهده کنید.

COLLECTION MAP

NORTH (AM ZONE)

Set out recycling between 5:30 am and 7:00 am



- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY

SOUTH (PM ZONE)

Set out recycling between 5:30 am and 10:00 am

DOWNLOAD THE APP

SIGN UP FOR
RECYCLING REMINDERS

SEARCH THE
MATERIAL LIST
ZONE UPDATE



RECYCLEBC

Making a difference together.

2025-2026 RECYCLING SCHEDULE

Coquitlam



PAPER

PUT INTO YELLOW BAG

Cut excess cardboard to 76 cm x 76 cm (30 in x 30 in) and stack beside bag
Clean and dry paper only



CONTAINERS

PUT INTO BLUE BOX

Empty and rinse containers



GLASS

PUT INTO GREY OR LIGHT BLUE BOX

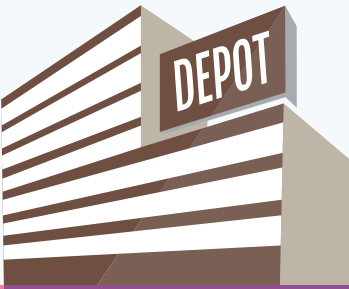
Empty and rinse glass bottles and jars



DROP-OFF ONLY

TAKE TO RECYCLING DEPOT

Not accepted in your yellow bag, blue box, or grey box



WE CAN MAKE A DIFFERENCE
RECYCLE RIGHT

Recycle BC serves 196 communities across BC, and every single one has the power to make a difference—including yours!
Because when we sort properly, rinse our containers, or head to the depot, we're making a huge play for Team BC.
And that kind of effort is contagious.



Learn more at [RecycleBC.ca](https://www.recyclebc.ca)

FLIP FOR INSTANT INFO

Newspapers, inserts, flyers

Magazines, catalogues, phone books

Boxboard boxes

Moulded paper

Household paper

Paper bags and boxes

Paper decorations

Shredded paper (contain in paper bag or box first)

Cardboard boxes

- ✓ Greeting cards
- ✓ Paper gift wrap
- ✓ Paper gift bags
- ✓ Paper carry-out beverage trays
- ✓ Cores from paper towel and toilet tissue
- ✓ Compressed paper hangers
- ✓ Paper-only shipping envelopes

NOT ACCEPTED

Hard and soft cover books

Flexible plastics

Clothing and textiles

Food, yard waste and wood

- ✗ Non-paper gift wrap, foil wrap, cards or paper with glitter
- ✗ Rubber bands, ribbons, and bows
- ✗ Paper envelopes with plastic lining
- ✗ Bubble wrap lined paper envelopes, plastic padded envelopes, etc.
- ✗ Bags and boxes with foil liners
- ✗ Paper towels, napkins and tissues
- ✗ Foil or plastic lined paper bags

Plastic bottles, jars and jugs

Plastic trays and containers

Plastic garden pots and seedling trays

Caps, tops, lids and pumps

Plastic or paper cups, plates, bowls and lids

Cartons for soup, cream, etc.

Metal cans

Spray containers (empty)

Foil wrap and containers

- ✓ Plastic packaging for toys, toothbrushes, etc. Separate plastic from paper backing
- ✓ Spiral wound cans and lids for frozen juice concentrate, chips, etc.
- ✓ Plastic pails less than 25L for laundry detergent, cat litter, etc.
- ✓ Plastic tubs for yogurt, margarine, etc.

NOT ACCEPTED

Flexible plastics

Hazardous waste

Glass

Electronics and appliances

Durable products

Metal hangers, pots, pans and other scrap metal

- ✗ Foam packaging
- ✗ Chip bags and candy wrappers
- ✗ Stand-up pouches
- ✗ Packaging labeled biodegradable or compostable
- ✗ Wiring, metal cords, and hardware
- ✗ Clothing, textiles and shoes
- ✗ Food and yard waste

Glass bottles - clear and coloured

Glass jars - clear and coloured

Put all lids in blue box.

NOT ACCEPTED

Want to recycle something not included here?

Search Recycle BC's Waste Wizard or download a full material list at [RecycleBC.ca](https://www.recyclebc.ca).

To recycle items that are not packaging, packaging-like products, single-use items, or paper, contact the Recycling Council of BC (RCBC) at [RCBC.ca](https://www.rcbc.ca).

Unused Medication

Empty medication containers can be recycled with Recycle BC, but unused or expired medications can be safely disposed by returning them to community pharmacies. For more information or to find the nearest pharmacy, please visit www.healthsteward.ca.

NO HAZARDOUS MATERIALS

- ✗ Batteries
- ✗ Medical sharps
- ✗ Bleach or aerosol containers with any contents remaining
- ✗ Containers with the words COMBUSTIBLE, FLAMMABLE or VERY FLAMMABLE on them (except cosmetic and beauty product containers)
- ✗ Compressed gas cylinders, for example used propane cylinders
- ✗ Containers for paint, motor oil, vehicle lubricants, or antifreeze
- ✗ Containers for pesticides labelled POISON, and precautionary octagon or diamond symbols with skull and cross bones

FLEXIBLE PLASTICS

Plastic bags

Outer bags and overwraps

Flexible packaging with plastic seal

Zipper-lock and stand-up pouches

Crinkly wrappers and bags

Protective and squishy cushion packaging

Woven plastic bags

- ✓ Bags for groceries, produce, and newspapers
- ✓ Overwrap for diapers, feminine hygiene products, paper towels, and soft drink flats

FOAM PACKAGING

Foam meat trays (remove absorbent pad)

Foam containers and cups

Foam cushion packaging used to protect electronics, etc.

NOT ACCEPTED

- ✗ Cellophane wrap for floral arrangements, etc.
- ✗ Garbage bags
- ✗ Plastic squeeze tubes
- ✗ Plastic-lined paper
- ✗ Paper-lined plastic
- ✗ Plastic strapping
- ✗ 6-pack rings
- ✗ Biodegradable plastic
- ✗ Vinyl
- ✗ Blue or pink foam insulation, packing chips and peanuts
- ✗ Squishy or flexible foam, and foam noodles