

List of Paper Products That Can Be Recycled

Newsprint

- ♻️ Newspaper is one of the most commonly recycled paper products. According to the Solid Waste Services of the city of Austin, Texas, recycling our daily newspaper for one year would provide the pulp equivalent of 2/3 acre of commercial forest. Recycling one ton of newspaper could save 17 pine trees. Recycled newspaper consumes 40 percent less energy than it takes to manufacture virgin paper. Most of the energy used in paper-making is the pulping that turns wood into paper. In addition, old newsprint is used for insulation, stuffing and molded paper products.

In addition to newspaper, the pages of a telephone book are also fall into the newsprint category. Some telephone companies collect and recycle their books annually when new directories are issued.

Corrugated Materials

- ♻️ Corrugated materials, such as cardboard packing boxes, are the most recycled paper products. These boxes, which are mostly used in groceries, department stores and other [businesses](#)' have a high recycling rate. The center part of these boxes--the corrugated flute--is made of 100-percent recycled materials.

High--Grade Paper

- ♻️ High-grade office paper includes computer printouts, copy paper and white stationery. According to Hamilton County Solid Waste Management District (Ohio), every ton of office paper recycled saves the equivalent of 24 trees. High-grade paper is made with fibers that can be recycled easily into good-quality paper.

Glossy Paper

- ♻️ Most magazines are made of glossy paper. This paper product is not recycled as widely because it is heavily coated in clay to give it the shine. The presence of clay in the paper makes it difficult to recycle. Moreover, upon removal of clay very little paper is left for recycling. This makes the process a costly. However, with recent techniques, recycled glossy paper can be used to make papers of other grades such as paperboard.

Types of Paper Products That Cannot be Recycled

Most paper is recyclable. The exceptions are papers that have been waxed or contaminated with food; toilet tissue; cigarette papers; [wallpaper](#); and of course, archival records.

Considerations

- ♻️ If you want to ensure that a food container is able to recycled, consider using containers you know your recycling program accepts. These may include glass milk jars or plastic milk jugs. In some cases, food-contaminated papers, such as pizza boxes, are composted instead of landfilled or incinerated, so check with your Department of [Environment](#) or Natural Resources.

Features

- ♻️ Even paper that can be recycled can only go through so many times before it can't be used again. According to the Bureau of International Recycling, paper can be recycled four to six times depending on its quality at the outset.

Benefits

- ♻️ According to Recycling Revolution, recycling just 1 ton of paper saves approximately 17 trees.

Fun Fact

- ♻️ According to the Paper Industry Association Council, 57.4 percent of paper consumed in the U.S. in 2008 was recycled.