What to do with your medication packaging

RECYCLE IT
• Cardboard box
• Bubble wrap
• Plastic bags
• Pill bottles*
• Paper handouts*

*Remember to shred all labels and papers with your personal information before recycling

REUSE IT
Ice Packs
• Freeze and reuse the no-sweat ice packs.
• When you are finished reusing your ice pack, throw it in the trash.

COMPOST OR DISSOLVE IT
Cooler Panels
• Add to the compost pile.
• Or break into small pieces and run under warm/hot water to melt. Then use the water as plant food! (Foam is also drain and septic safe once it turns to liquid).

TURN IT IN
Unused Medications
Get rid of left over medications properly:
• Contact your local law enforcement officials for specific take-back programs for your medications.
• Consult the FDA website for guidelines on proper disposal of various types of medications at www.fda.gov/forconsumers/consumerupdates/ucm101653.htm