**IN THE KITCHEN:**
- grease & produce stickers = trash
- food = garbage disposal or compost

**DO**
- use baskets or strainers in sink drains to catch food scraps and other solids and empty them into the trash or compost them.

**DO**
- scrape grease and food scraps from cooking surfaces into a container and put in the trash can or compost.

**DON'T**
- put produce stickers down the drain.

**DON'T**
- put grease, fats, or oil of any type down your drain or garbage disposal.

**IN THE BATHROOM:**
- think trash not toilets

Flush the wrong thing down the toilet damages your household plumbing, your environment and the wastewater treatment system. If it isn’t biodegradable, put it in the trash instead of the toilet.

- Band-aids & bandage wrappers
- Cleaning wipes
- Condoms
- Cotton balls, swabs & pads

- Dental floss & teeth whitening strips
- Disposable diapers, nursing pads & baby wipes
- Facial wipes
- Hair

- Kitty litter
- Expired & unused prescription or over-the-counter medications. (Return these to your pharmacy or place in the trash can.)
- Mini & maxi-pads
- Tampons & applicators

If it isn’t biodegradable, put it in the trash can, not the toilet, or recycle it.

**Protecting water quality starts with each of us!**