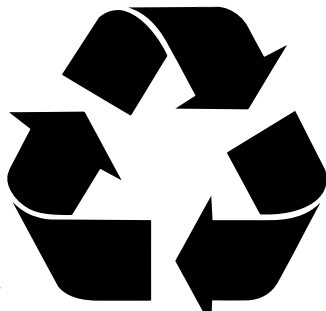


What to do with your medication packaging

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/consumers/consumer-updates/where-and-how-dispose-unused-medicines