Many types of materials can be recycled such as:

- a. Paper
- b. Plastic
- c. Glass
- d. Metal
- e. Cloth
- f. Batteries
- g. Electronic Equipment
- h. Food
 - Products people use require a lot of resources to make and can create pollution as they are being made.
 - Recycling will help save energy and resources and reduce pollution.
 - Recycling means less trash and saves space in landfills
 - Recycling 1 ton (2000 pounds) of paper can save 17 trees, 7,000 gallons of water, 2 barrels of oil, and 4,000 kilowatts of electricity. The energy that you save can power 1 home for 5 months.
 - The average family uses 6 trees worth of paper each year.
 - Glass is one of the best recycling materials and can be recycled over and over again.
 - In 2009, the United States recycled around 1/3 of all its waste. Around 7 million tons of metals were recycled.