

For Household Use

幸せ実感都市『ながの』  
～“オールながの”で未来を創造しよう～  
Nagano City - Happy Neighborhoods

## Special Issue

Please keep this booklet until a revised edition is released.

# Guidelines for Disposal of Household Recyclables/Garbage

## Three Basic Disposal Rules

- 1 Separate** according to the rules in this booklet.
- 2 By 8:00** on the morning of collection day **Follow the rules of your area.**
- 3 Put items out at the disposal site in your area**

Collection sites are cleaned-up and managed by each local community. Garbage and Recyclables shall be dropped off only at the designated collection site.

Thank you for your cooperation in reducing garbage and recycling.



Practice the 3Rs!



### Reduce

Reduce the wasteful consumption of goods by using items carefully!

### Reuse

Reuse items by repurposing rather discarding them!

### Recycle

Recycle recyclables through proper sorting!

## Group Collection

### Collected Items



Papers Bottles Cans Cloth Other

- Some local groups, such as PTAs and educational organizations, collect recyclables. Take part if you can.
- Some communities and groups provide 24-hour recycling drop-off sites, or recycling houses.



Collection items, times, and methods vary from group to group, so check with a person in charge.

Follow the rules and sort everything well.

# Nagano City

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## Commercial Waste

Take commercial waste to the Nagano Environmental Energy Center or Nagano City Recycle Center (some items are not accepted) or request disposal by an authorized collector. All collection sites of local communities are dedicated to household garbage. Commercial waste disposal is not allowed at these disposal sites.

# How to Sort and Dispose of Garbage / Fee-based Program

**How to Sort and Dispose of Garbage**

- Separate garbage and recyclables according to the rules in this booklet.
- Check the collection days in the Nagano City Household Use Recyclables and Garbage Collection Calendar. Put items out at the disposal site in your area **by 8:00 on collection day**.
- **Buy Designated Bags and Oversized Garbage Stickers** at authorized stores.
- Put cans, bottles, plastic bottles, and dry cell batteries in the bags and containers at disposal sites.

**Separate your garbage into the following eight categories:**

1. Burnable Garbage 2. Non-Burnable Garbage 3. Plastic Packages 4. Papers 5. Cans
6. Bottles & Dry-Cell Batteries 7. Plastic Bottles 8. Yard Waste










- ◆ Ask community officers, residential superintendents, or your neighbors about the location of disposal sites.
- ◆ Burnable and Non-Burnable Garbage as well as Plastic Packages need to be put in designated bags. Disposal fees are included in the price of bags for Burnable and Non-Burnable Garbage.
- ◆ Burnable and Non-Burnable Garbage that does not fit in designated bags requires an Oversized Garbage Sticker (size restrictions apply).
- ◆ Items will not be picked up if the rules are not followed.


## ● Charging for Household Garbage

**The fee-based program for household garbage disposal began on October 1, 2009.**

Nagano City introduced a fee-based program for household garbage disposal, aiming for a reduction of garbage, more aggressive separation for recycling, and a fairer charge for disposal volume. By purchasing Designated Bags and Oversized Garbage Stickers, city residents will help cover the costs of Burnable Garbage and Non-burnable Garbage disposal.

As for Recyclables (Plastic Packages, Papers, Cans, Bottles, Plastic Bottles, etc.), no garbage disposal fee is charged. Separate recyclable materials from garbage thoroughly.

Categories		Garbage disposal fee: Charged						Garbage disposal fee: Free of charge	
		Burnable Garbage				Non-burnable Garbage		Plastic Packages	
Designated Bags	Type/capacity of bags	Extra Large (40 L.) 	Large (30 L.) 	Small (20 L.) 	Extra Small (10 L.) 	Large (30 L.) 	Small (20 L.) 	Large (30 L.) 	Small (20 L.) 
	Fee (¥1/liter)	¥40/bag	¥30/bag	¥20/bag	¥10/bag	¥30/bag	¥20/bag	Free of charge	
	Purchase price (per set) 1 set=10 bags "Bag price" may vary by retailer	Bag price + Disposal fee ¥400	Bag price + Disposal fee ¥300	Bag price + Disposal fee ¥200	Bag price + Disposal fee ¥100	Bag price + Disposal fee ¥300	Bag price + Disposal fee ¥200	only "bag price"	
Over-sized Garbage Stickers	Sticker Type	Common to Burnable Garbage and Non-burnable Garbage 				Affix one sticker on a large burnable/non-burnable garbage that cannot be put in a designated bag,		Over-sized Garbage Sticker is Not required	
	Purchase price	¥40/sticker (= Disposal fee) Available by piece						Dispose of a large plastic container that cannot be put in a designated bag, as it is, without Over-sized Garbage Sticker	

- Both Designated Bags and Stickers are available at authorized retailers (supermarkets, drug stores, home improvement centers, etc.). The garbage disposal fee with that purchase will be paid to the City via authorized retailers.
- Oversized Garbage Stickers  delivered free of charge by the City until September 30, 2009 have been discontinued. The old stickers are collected at City Hall and branch offices.

## Former Designated Bags (for Burnable Garbage and Non-burnable Garbage)

If you still have Former Designated Bags, you may use them for a while with an appropriate Prepaid Sticker.

<p>Former Designated Bags</p> <p>Only "bag price" has been paid</p>	<p>Prepaid-Stickers (common to Burnable Garbage and Non-burnable Garbage)</p> <p>¥30 per sticker for a Large bag ¥20 per sticker for a Small bag</p> <p>Purchase price = Garbage disposal fee</p>
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\*Prepaid Stickers are available at stores authorized by the City.  
Two Prepaid Stickers can be used in place of one Oversized Garbage Sticker.

- Designated Bags for Plastic Packages may be still used without Prepaid Stickers.

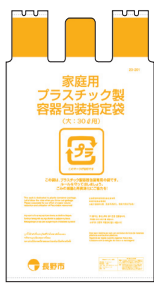
## Relief from paying garbage disposal fee

Designated Bags for Burnable Garbage will be provided for free according to the system for the reduction/exemption of household garbage disposal fees. See below for details.

		Descriptions														
Eligibility	Application															
	Eligibility requirements	<p>Infants below 3 years old, registered in Nagano City</p> <p>*Not for household garbage that cannot be left at disposal sites when admitted to an institution.</p>														
Infants	Not required	<p>Benefit</p> <ul style="list-style-type: none"> <li>Burnable Garbage/Large 30 L. bags: 30 bags/year (up to 90 bags for 3 years)</li> <li>*For those who meet the requirements and need bags past the newborn period: bags will be directly delivered all at once, according to age in months.</li> </ul> <p>Procedures for benefit</p> <ul style="list-style-type: none"> <li>90 bags (for 3 years) will be handed over all at once upon registration of a birth at the Citizens' Registration Section or a branch office.</li> <li>90 bags (for 3 years) will be sent to your home after registration of a birth at another municipality or a security office.</li> <li>Bags will be sent to your home according to age in months upon registration of a move.</li> <li>Bags will be sent to your home according to age in months upon leaving an orphanage (notification of change of address)</li> <li>*Contact the Living Environment Management Section (TEL 026-224-5035) only when leaving an orphanage.</li> </ul>														
	Required	Eligibility requirements	<p>Persons who reside within the city, use paper diapers on a regular basis, or dispose of large amounts of medical waste as a result of dialysis at home, and fall into one of the categories below.</p> <ul style="list-style-type: none"> <li>are officially qualified as those needing nursing-care or needing support under nursing-care insurance system or</li> <li>are issued with a Physical Disability Certificate Handbook or a Care and Fostering Certificate Handbook</li> <li>Those who have written permission from a doctor or other appropriate authority for the use of paper diapers or at-home medical devices.</li> </ul> <p>*Not for household garbage that cannot be left at disposal sites when admitted to an institution. (Certain facilities accept disposal of household garbage at disposal sites, so check when you are admitted.)</p> <p>*Paper diapers include rehabilitation underpants and incontinence pads, and are not for those who use diapers temporarily or only when going out.</p> <p>*Persons who dispose of large amounts of medical waste as a result of dialysis at home account for about 20 large bags (30 liters) of Burnable Garbage left at disposal sites annually</p>													
Persons using paper diapers or performing home-based peritoneal dialysis, etc.	Benefit	<table border="1"> <thead> <tr> <th></th> <th colspan="2">Amount/year</th> </tr> <tr> <th></th> <th>Large bags for Burnable Garbage (30 liters)</th> <th>Small bags for Burnable Garbage (20 liters)</th> </tr> </thead> <tbody> <tr> <td>Regular paper diaper users</td> <td>60 bags/year</td> <td>90 bags/year</td> </tr> <tr> <td>Large amounts of medical waste</td> <td>20 bags/year</td> <td>30 bags/year</td> </tr> </tbody> </table>			Amount/year			Large bags for Burnable Garbage (30 liters)	Small bags for Burnable Garbage (20 liters)	Regular paper diaper users	60 bags/year	90 bags/year	Large amounts of medical waste	20 bags/year	30 bags/year	<p>*When you apply, please choose either large or small bags.</p> <p>*For those who become eligible in the middle of the fiscal year, the number of bags will be different.</p>
		Amount/year														
	Large bags for Burnable Garbage (30 liters)	Small bags for Burnable Garbage (20 liters)														
Regular paper diaper users	60 bags/year	90 bags/year														
Large amounts of medical waste	20 bags/year	30 bags/year														
	Procedures for benefit	<p>Please bring the following items 1-3 with your initial application (application by a representative is acceptable; not available Saturdays, Sundays, and Holidays). Bags will be handed over at the reception desk.</p> <p><b>Where to apply</b> Living Environment Management Section (3rd floor of City Hall Building No. 2), all branch offices</p> <p><b>Things to bring with you</b></p> <ol style="list-style-type: none"> <li>Any of the following that you have been issued: Long-term Care Insurance Certificate, Physical Disability Logbook, Caring for a Child with a Disability Logbook</li> <li>Something that confirms the usage of diapers or home-based medical devices Regular paper diaper users E.g. Receipts (dated within 6 months before application) or certificates issued by a doctor that confirms the usage of diapers (Check the period of validity, if any) Disposing of large amounts of medical waste E.g. Official certificates issued by a medical organization (Check the period of validity, if any)</li> <li>Seal of the applicant (If you do not have a seal, bring ID or other proof of identity.)</li> </ol> <p>*On the application form, write the contents of the medical waste disposed of regularly in large amounts. In order to confirm the situation, we may inquire about the physical condition of the applicant, and depending on their condition, a medical certificate from a doctor or a statement from the applicant may be required.</p> <p>*For the following years, bags will be sent annually to the address written in the application (in general, reapplying is not required).</p> <p>*Changes can be made at any time, but changes in amount and address will be reflected in the following year (reapplying is required).</p> <p>*If an eligible person becomes ineligible due to long-term hospitalization or institutionalization, contact the Living Environment Management Section (TEL026-224-5035). You may be asked to return unused Designated Bags.</p>														

\* The garbage disposal fee will be reduced or exempted for a household receiving welfare benefit. For details, contact the Living Assistance Section (026-224-7529). Not for household garbage that cannot be left at disposal sites when admitted to an institution.

## ● Plastic Packages on the day indicated as プラ (Plastic Packages) on the Calendar → **Once a week collection**



Look for this recycling symbol!

Put them in a designated bag and drop off at collection site.  
For an item that is too large to fit in a designated bag, tie a string around it and directly dispose of them (Over-sized Garbage Sticker is not required).

\*Purchase Designated bags which are available at any retailer who is authorized to sell them by the City (supermarkets, drug stores, home improvement centers, etc.)

Max dimensions of an item that you may place at your local garbage collection site are about **1 m x 50 cm x 50 cm**.

Plastic packages that contained products (containers) or that were wrapped around goods (wraps) go in this category.

### ● Bottles

Ensure bottle is empty before disposal!

Remove cap or pump from bottle



- Containers for dips, bouillons, and lactic acid bacteria drink, etc.
- Containers for detergent, shampoo, conditioner, and cream, etc.
- Containers for gargling, eye drops, etc.

### ● Caps



- Plastic Caps for Plastic bottles, PET bottles, and other bottles

Ensure container is empty, free from food, etc. before disposal!  
(Food scraps are burnable garbage)

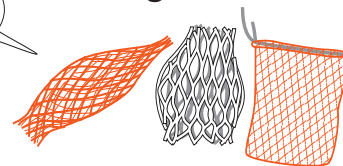
### ● Cups/Packs



Items may also have parts that go in Paper, so be sure to check for the プラ (plastic) symbol.

- Containers of cup noodles, pudding, instant food, box-lunch, etc.
- Packs for eggs, bite-size jelly, etc.
- Cases for medicines, cosmetics, commodities, etc.
- Packs for tooth brushes, etc.

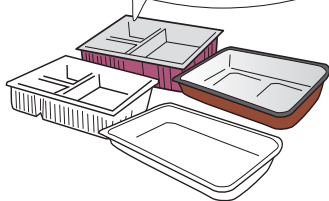
### ● Net bags



- Netting bags for oranges and onions
- Styrofoam nets for apples and peaches, etc.

### ● Trays

Label adhered on a wrap around food tray which cannot be peeled off may be disposed of as it is



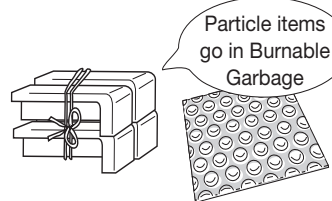
- Tray of fruits
  - Tray of prepared foods and cakes
  - Tray of fresh foods
- (Use collection services provided by your local supermarkets preferably)

### ● Plastic bags/Wrap films



- Bags for vegetables, buckwheat noodles, and breads
- Wraps of fresh foods
- Outer thin film of cup noodles - Hair sprays
- Bags for instant foods and frozen foods
- Wraps of candies and cakes
- Cashier plastic bags, packaging bags for clothes, and packaging bags for toilet papers

### ● Cushioning materials

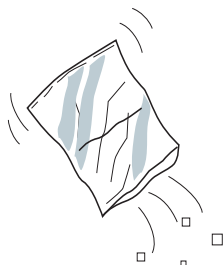


Particle items go in Burnable Garbage

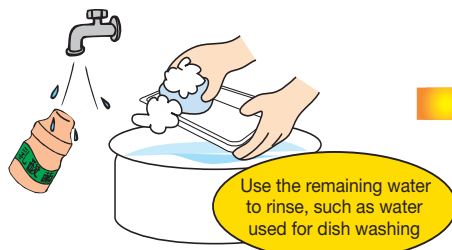
- Styrofoam for protecting electric appliances, etc.
- Plastic cushion materials

**Remember!** Any garbage put in a bag other than designated bags or in a corrugated container will not be collected.  
Hard plastic goes in Non-burnable Garbage.  
Soft plastic goes in Burnable Garbage (see pages 9 & 10)

① Use up the contents completely



② Remove inner surface contamination (Rinse out or wipe off lightly)



③ Put in a designated bag and place it at collection site (Place it separately from Burnable Garbage)



**Attention**

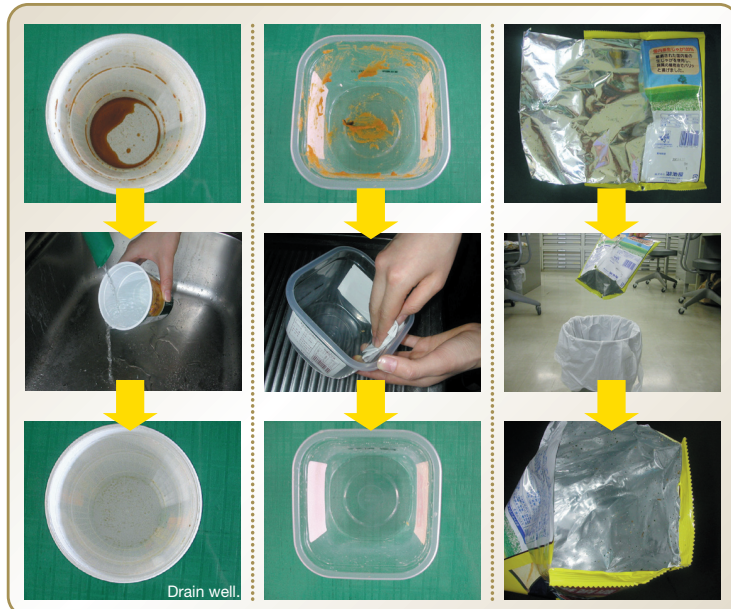
Do not throw plastic packages away in plastic shopping bags (This interferes with recycling work.)

## Level of Dirtiness

Level: "Almost no odor emitting from plastic garbage that has been left for one to two weeks"

- \*Rinse the inside lightly or wipe off with a paper.
- \*Plastic items with slight residue may be disposed directly without cleaning off.
- \*Those contaminated with debris difficult to remove (needing large volume of detergent and water for removal) should go in Burnable Garbage.

Items with obstinate dirt or containing any other materials cannot be recycled



Plastic Packages

## Attention Items that do not go in this category

Items that do not go in this category	Soft plastic items including tapes	Polyvinyl hose, Polyvinyl string, straws, bath mats, cassette tapes, video tapes, etc.		Go in Burnable Garbage (Tapes should be disposed as Burnable garbage, causing the non-burnable garbage crusher to get clogged)
	Products themselves (not packages)	Hard plastic items	Washbowl, buckets, flower pots, planters, tooth brushes, razors, laundry, clothespins, CDs, MDs, floppy disks, plastic table wares, spoons, strainers, plastic toys, plastic construction kits, Ballpoint pens, etc.	
	Non-plastic items	Paper containers for cup-noodles, paper cups, paper yogurt containers, etc.		Go in Burnable Garbage
PET bottles	Plastic bottles bearing this symbol	Plastic bottles of beverage/alcohol/soy sauce variations/mirin cooking wine/non-oil salad dressing		Go in PET bottles
Items bearing Plastic recycling symbol that go in Burnable Garbage	Those contaminated with debris difficult to remove	Edible oil bottles, retort food pouches, sauce containers, tubes (including mayonnaise, ketchup, wasabi, toothpaste tubes), etc.		Go in Burnable Garbage;
	Contaminated items	Contaminated cup-noodle containers, contaminated box-lunch containers, contaminated food trays, etc.		Debris-eliminated ones go in Plastic Packages
	Bags for home-care infusion fluid	Bags (drip infusion); bags for fluid diet, etc.	 Needles go to the medical institution they were received from	Go in Burnable Garbage (disposed as Burnable Garbage for hygienic reasons)

## Hints

### Hint 1

Labels bonded to Plastic Packages, if it is difficult to remove them, can be disposed of as they are. (Labels that are bonded to wraps around food packages)

### Hint 2

Some plastic packages are labeled with small alphabet logos such as "PP", "PE", and "PET", together with a Recyclable Plastic symbol. These logos represent plastic materials and are not concerned for sorting. Classify them by a Recyclable Plastic symbol.

## Flow of Recyclable materials

Plastic Packages



Compressing/  
packing facility

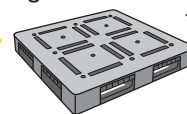
Items that do not go in this category are excluded by manual sorting



Recycling plants

Recycling

Plastic Packages are recycled into pallets and similar items.



◀ Pallet: Can be used for stacking items in store rooms or for transporting large cargo

# Disposal at Collection Sites **Recyclables**

**Papers** ..... on the day indicated as **紙** (Paper) ..... **Every 4 weeks collection**

Separate papers into four categories and tie a string crosswise and lengthwise around each item and drop-off them at collection site.  
(Plastic string is acceptable for tying papers. Do not use gummed tape)

Papers

## 1 Newspapers/Flyers

Flyers refer to advertising papers inserted into newspapers

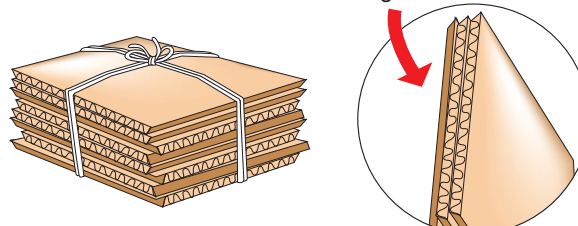


Newspapers and flyers may be tied together or separately in a bundle

\*Direct-mails go in "4 Magazines/Other old papers"

## 2 Cardboards

Cardboards with inner corrugated liners



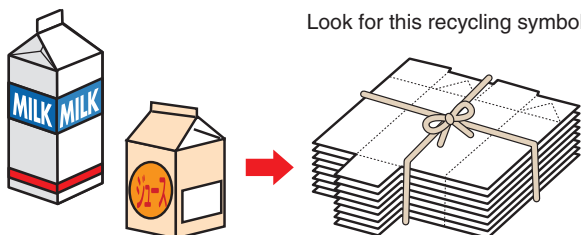
\*Thick papers having no corrugated liner go in "4 Magazines/Other old papers"

## 3 Paper cartons

Beverage cartons that are white inside



Look for this recycling symbol!



\*Rinse the inside and cut them open and dry  
\*Cartons that are silver inside go in "Burnable Garbage"

## 4 Magazines/Other old papers

Books, notebooks, magazines, comics, catalogues, picture books, empty bags, paper sheet, wrapping papers, menu notes, postcards, business cards, strip-cut shredded paper (about 10cm in length), toilet paper core, Wrapping film core, etc.

Remove non-paper materials such as plastic holders

Slit films through which tissues are dispensed go in Plastic Packages

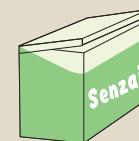
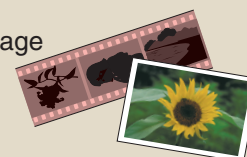


\*For small paper, place them in magazines or used paper boxes, etc. or put in used envelopes or paper bags and tie a string around the bag.

## Attention Items that do not go in this category

The following items will not be collected as Paper. → These go in Burnable Garbage

- Used tissues and paper that is oily or still has food on it
- Heat sensitive papers (FAX papers, receipts, etc.), carbon papers
- Waterproof papers (yogurt containers, processed paper cup, etc.)
- Print paper (iron print paper, papers stuffed in bags and shoes, package cushioning, etc.)
- Thermal paper (paper used for Braille, etc.)
- Soap/detergents package (because the odor is not adequately removed)
- Paper-based beverage cartons that are silver inside (aluminum laminated), such as alcoholic-sake cartons
- Photographs, photo album sheet
- Cellophane sheets and films (window seal),
- Adhesive tapes and seals (paper ones included)
- Shredder paper



## Flow of Recyclable materials

Newspapers/Flyers



Cardboards



Paper cartons



Magazines/  
Other old papers



Paper manufacturers  
Recycling

Newspapers, magazines, and OA papers, etc.



Cardboards



Tissue papers, toilet papers



Cake boxes, paper sheets, picture books, etc.



# Recyclables Disposal at Collection Sites

## Cans

on the day indicated as **缶** (Cans) on the Calendar

Every 4 weeks collection

Please put them as they are in a **Blue net bag** at collection site.

Look for this recycling symbol!

Separated can lids and bottled-can tops can be disposed of together with the can bodies

\*Rinse the inside lightly to remove contamination before disposal.  
\*Crush them slightly (If impossible, dispose of them as they are).  
\*Be careful not to be injured by the sharp edge.

**Attention** Spray cans (including aerosol)/ gas canisters should also be thrown away on Can day!

Fires caused by spray cans occur frequently! Be sure to **punch a hole in the can after you have completely used up the product inside. Do so outdoors and far away from open flames.** Dispose of it **on the day for cans.**  
\*If the nozzle cannot be removed, throw the can away as is.

Cans / Plastic Bottles

## Attention Items that do not go in this category

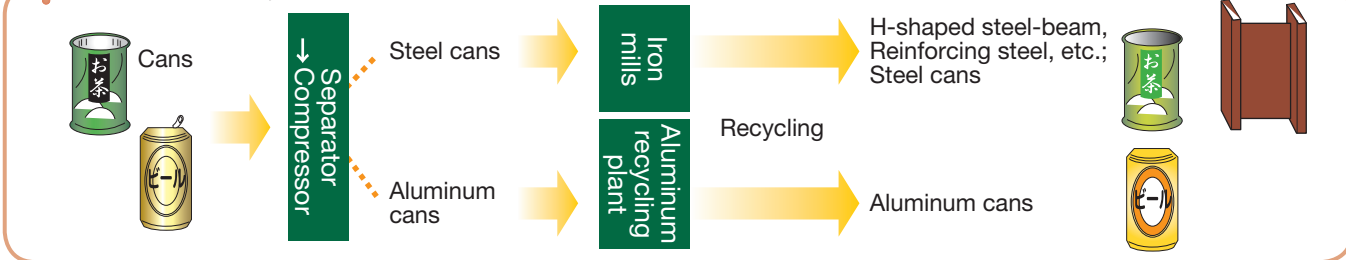
- Empty paint cans (other than spray cans)
  - 18-liters or larger empty can
- **Go in Non-burnable Garbage**

## Spray cans (including aerosol) and butane gas can disposal

- 1 Use contents up completely**  
The disposal method is written under 使用上の注意 (warning).
- 2 Put a hole in it**  
Use a hole punch available for purchase at retailers. Be careful that the contents do not get on your face or body.
- 3 Throw the can away on the day for Cans**  
Cans go into the same disposal nets (blue nets) as beverage cans on the day for Cans

**Caution: Keep away from fire**

## Flow of recyclable materials



## Plastic Bottles

on the day indicated as **ペット** (PET)

Once per two weeks collection

Put them directly into a **Green net bag** located at collection site.

\*Toyono district: Once a month collection at the designated collection site

Look for this recycling symbol!

PET

\*Remove the label and cap. Rinse the inside lightly to remove residue before disposal.  
\*Throw bottles away as is or crush lightly.  
\*The ring around the neck can be left on.

**Plastic bottles of beverages/alcohol/soy sauce variations/ mirin cooking wine/vinegar/non-oil salad dressing**

\*Certain bottles have the PET mark only on the label, not on the bottle, and **can be thrown away as Plastic Bottles.**

**Accepted**

1. Bottles with the PET mark
2. Bottles that do not have the PET mark on the bottle, but have it on the label

**Not accepted** Plastic bottles without the PET mark on the bottle or label

**Attention**

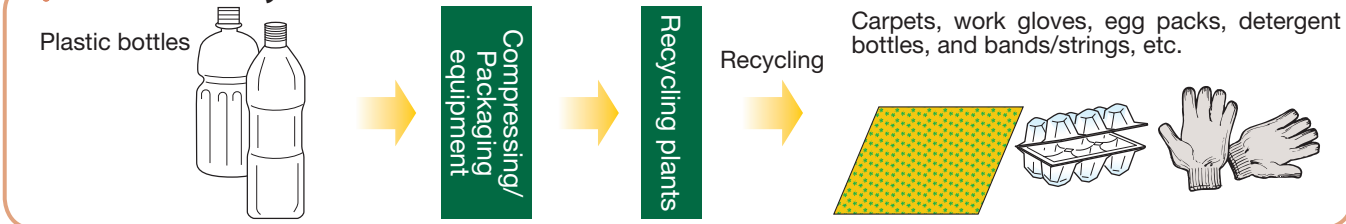
- Caps and labels
- Plastic bottles without the PET mark

→ **Go in Plastic Packages** (Paper labels go in Burnable Garbage)

- Plastic bottles made into crafts and other items

→ **Go in Burnable Garbage**

## Flow of recyclable materials



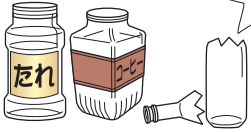
# Disposal at Collection Sites **Recyclables**

**Bottles** ..... on the day indicated as (Bottles) ..... **Every 4 weeks collection**

Classify into 3 colors and place them directly into the respective color containers matching to each category.

\*Toyono district: Once a month collection at the designated collection site

**① Clear**  
**White Container**




Broken bottles can be also placed in it (Be careful not to be injured)

\*Do not wrap in paper.

\*Remove the cap and rinse the inside lightly before disposal.  
\*If you do not know which color container to put it in, put it in the blue container.

**② Brown**  
**Brown Containers**



No need to remove labels

**③ Other colors**  
**Blue Containers**



If ring part remains on the bottle rim when the bottle cap is removed, such bottle may be disposed of as it is

Bottles / Dry Cell Batteries

## Attention Items that do not go in this category

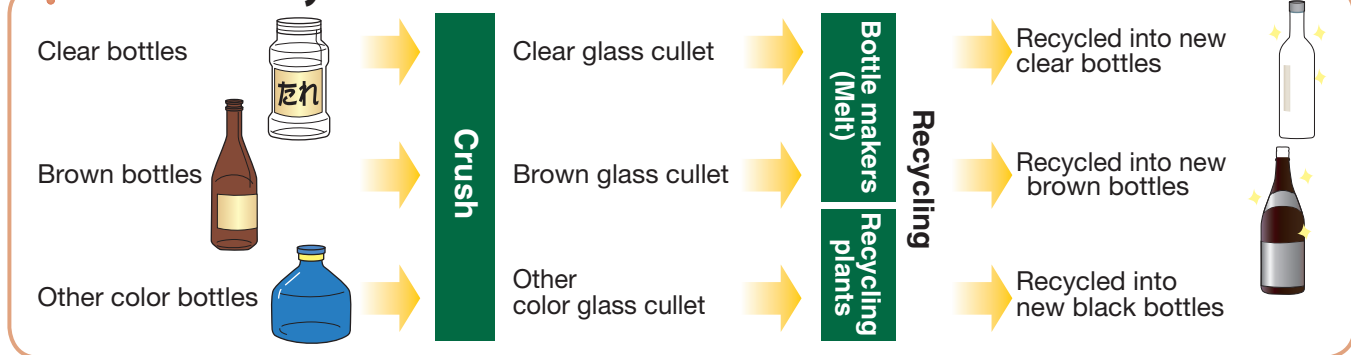
- Ceramic wares, cosmetics bottles, empty medicine bottles (household medicine bottles go in bottles), milk-glass bottles } → **Go in Non-burnable Garbage**
- Bottle caps (plastic) → **Go in Plastic Packages**

## Hints

Beer bottles, 1.8-L bottles, milk bottles, etc. can be repeatedly used by cleaning, which are referred to as “**Returnable Bottles**”. Return these bottles to retailers for recycling or take them to any Group Resource Collection by schools or communities preferably.

Check this mark! →

## Flow of Recyclable materials



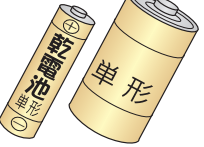
\*Blind persons may put bottles in a plastic bag and throw them away at disposal sites without separating them if a Braille sticker is attached to the bag.  
Contact the Living Environment Management Section for the stickers.

**Dry cell batteries** ..... on the day indicated as (Bottles) ..... **Every 4 weeks collection**

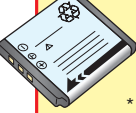



Put them directly into a Red container located at collection site.

\*Toyono district: Once a month collection at the designated collection site

**Red container**



**Attention** Rechargeable batteries and button batteries should be dropped off at participating stores

\* Lithium ion coin cell batteries go in Non-burnable Garbage. Insulate with adhesive tape before disposal.

**Contact**

**Rechargeable batteries**

**JBRC**  
☎ 03-6403-5673  
<http://www.jbrc.com>

**Button cell batteries**

**Button Cell Battery Collection Promotion Center**  
☎ 0120-266-205  
<http://www.botankaishu.jp>



**Yard Waste** • • on the day indicated as **枝葉** (Yard) • • **Once a week collection from April to December**  
on the Calendar

Yard waste is collected as Recyclables from October 1, 2009. (No fee is charged for collection)

As most of residents in the **Togakushi, Kinasa, Ooka, Shinshu Shinmachi, and Nakajo** districts dispose of yard waste at home, the City does not collect it. If you cannot process the waste at home, please drop it off at **Sunday Recycle events** held at the Togakushi, Kinasa, Ooka, Shinshu Shinmachi, or Nakajo Branch Office from April to November → (See page 11).

- **Yard Waste and Bamboo**
- **Grass and flower clippings**
- **Stalks and leaves from vegetable gardens**  
\*Food waste goes in **Burnable Garbage**
- **Weeds** ● **Leaves**

**Warning 1** Each limb must be less than 25 cm in diameter.

**Warning 2** Invasive alien species, such as bur cucumber and tickseed, and pest (fall webworm) infested branches go in **Burnable Garbage**.

There are no designated bags.

1. Bundle up the branches with twine or vinyl rope OR
2. Put them into **transparent bags**.

\*Oversized Garbage Stickers are not required in either case.

\*You may use old designated bags for yard waste (fee sticker not required).

\*Shopping bags that you cannot see inside of are not accepted

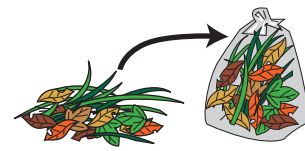
Remove as much soil as possible before putting waste in the bag.

Bundles less than 50 cm in Diameter

Cut to no longer than 1 m in length



Wire/cord not accepted  
Straw/hemp rope preferred



\*Do not put small pieces of garbage, such as cigarette butts, in the bag.

Yard Waste

### Disposal of large amounts of garbage

**Option 1** You may place only appropriate amount at collection site on a collection day and place the rest on the following collection days.

**Option 2** You may drop off at the Nagano City Recycle Center (free of charge), only when you bring items in yourself. → See page 13

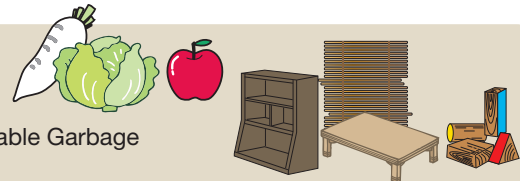
Items that do not fall into a particular category will be treated as **Burnable Garbage** (for a fee).

The drop-off site for **枝葉** (Yard) waste is the same site as for **プラ** (Plastic Packages).

**Thank you for your continuous help in processing yard waste at your farm, etc.**

### Attention Items that do not go in this category

- Vegetables, fruits, and cooking scraps } → Go in **Burnable Garbage**
- Timber, wooden furniture, bamboo items, etc. }
- Agricultural or commercial yard waste → Not Accepted → Goes to a waste management facility



### Attention Yard waste is not collected from January to March (December to March for Togakushi, Kinasa, Ooka, Shinshu Shinmachi, and Nakajo Districts)

Yard Waste collection is not provided with Recyclables at disposal sites (or Sunday Recycle events for Togakushi, Kinasa, Ooka, Shinshu Shinmachi, and Nakajo Districts)

Any yard garbage generated during this period should be stored until April or may be thrown away as **Burnable Garbage**.

To dispose as **Burnable Garbage**, put it out with other **Burnable Garbage** (disposal fee is charged).

\*Disposal is free when you bring the waste directly to the Nagano City Recycle Center (see page 13).

### Flow of Recyclable materials



# Disposal at Collection Sites

## Burnable Garbage on the day indicated as 可燃 (Burnable Garbage) on the Calendar Twice a week collection

Togakushi, Kinasa, Ooka, and Shinshu Shinmachi, Districts:  
Collected once a week

Put them in a designated bag and drop off at collection site.

For an item that are too large to fit in a designated bags, tie a string around it and affix a Oversized Garbage Sticker before disposal.

(Items that fit in the garbage truck.  
Max dimensions of an item that you may place at your local garbage collection site are about **1 m x 50 cm x 50 cm**)

\*Purchase Designated Bags, Oversized Garbage Stickers and prepaid Stickers at authorized stores.

\*Garbage disposal fee is charged from October 1, 2009.

For Burnable and Non-burnable Garbage)  
Oversized Garbage Stickers



For Burnable garbage



Former Designated Bags for Burnable garbage



Prepaid Stickers



\*Affix according to the bag size

Burnable Garbage

### Papers that are not recyclable

- ◆ Soap/detergent packaging (because the odor cannot be adequately removed)
- ◆ Shredder paper
- ◆ Converted papers
- ◆ Paper diapers
- ◆ Photographs
- (waterproof papers)
- (aluminum coated papers)
- Remove human waste

### Soft Plastic products (Products themselves)

- (Polyvinyl strings/Packing PP strap bands, etc.)
- (Bath mats)
- (Sponges)
- (Straws)

### Leather goods/Clothes

- (Comforters, Blankets, Carpets, etc.)
- Power cord units of electric blankets and electric carpets go in Non-burnable Garbage

### Rubber items

- Hoses cut into 1 m pieces or rolled up
- (Hose)

### Wooden items

- (Wooden furniture, chairs, tables, etc.)

### Kitchen garbage

- Drain well

### Plastic Packages with obstinate contamination not removed

- Residue-eliminated ones go in Plastic Packages
- Since tape gets caught in the garbage crusher, it goes in Burnable Garbage. The cassette goes in Non-burnable Garbage.

### Others

- (Ice packs (soft type), drying agents, disposable heat pads, etc.)
- (Cassette tapes)
- (Litter Pellets for pets)
- Before disposal of fireworks/cigar-butts, soak them in water

**Remember!** Any garbage put in a bag other than Designated Bags or in a corrugated container is not collected regardless of an Oversized Garbage Sticker.

\*Private burning is prohibited by law.

**Burnable Garbage as of April 2019**

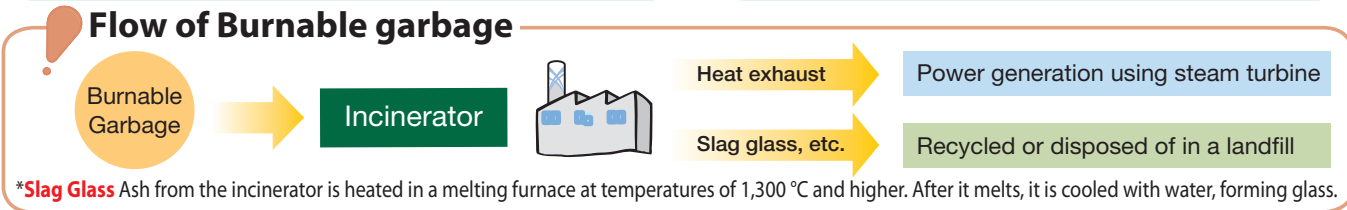
**Ash** Collected on calendar days with the Burnable Garbage mark. 可燃 Put it in a durable, water-resistant bag and write 灰 (ash) on the bag. **Attention** Contact the Living Environment Management Section (☎ 026-224-7635) about Dondoyaki Ceremony ash. No collection fee required.

**Hints Hint 1**

- It's "kitchen garbage" that accounts for 40 % of Burnable Garbage. The most common cause of odor and weight of kitchen garbage is water remaining it. The best way to handle kitchen garbage feeling at ease is "Avoid exposure to water" and "Drain well!"

**Hints Hint 2**

- Small papers, such as those from notepads, that often end up in Burnable Garbage should be recycled along with other old paper. Set a bin for recyclable papers nearby a bin for Burnable Garbage.



# Disposal at Collection Sites

**Non-burnable Garbage** on the day indicated as **不燃** (Non-burnable Garbage) on the Calendar

Every 4 weeks collection

Put them in a designated bag and drop off at collection site.

For an item that is too large to fit in a designated bag, tie it with string and affix a Over-sized Garbage Sticker before dispose.

(Items that fit in the garbage truck.

Max dimensions of an item that you may place at your local garbage collection site are about

**1 m x 50 cm x 50 cm.**)

\*Purchase Designated bags which are available at any retailer who is authorized to sell them by the City (supermarkets, drug stores, home improvement centers, etc.).

\*Garbage disposal fee is charged from October 1, 2009.

For Burnable and Non-burnable Garbage)  
Oversized Garbage Stickers



For Non-Burnable garbage



Former Designated Bags for Non-Burnable garbage



Prepaid Stickers



\*Affix according to the bag size

## Metal items



Wrap blade and broken glass in cloths, etc.

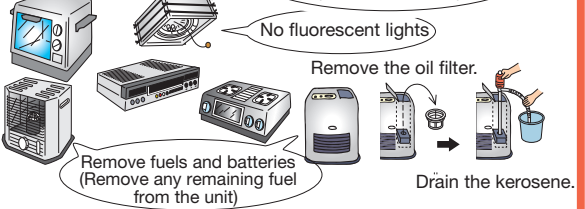
Aluminum foil (dirty foil goes in Burnable Garbage)

## Ceramic wares/ Glass wares



\* If wrapped, write the contents on the outside.

## Electric appliances



Air conditioners, Televisions, Laundry washing machines, Refrigerator, Freezers, Laundry dryer, Personal computers are not accepted

No fluorescent lights

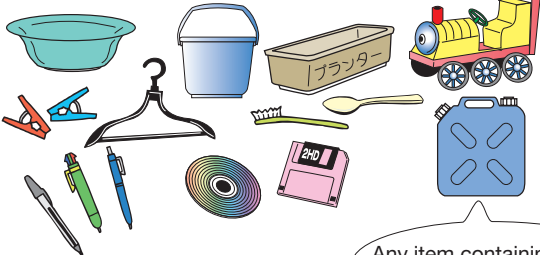
Remove the oil filter.

Remove fuels and batteries (Remove any remaining fuel from the unit)

Drain the kerosene.

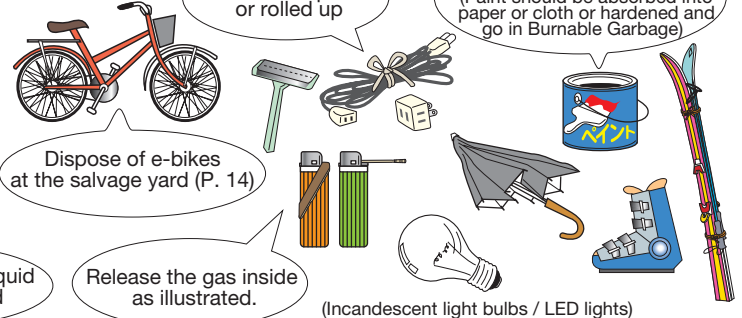
Certain household appliances may be disposed of through small home appliance recycling (free collection). → See page 12

## Hard Plastic products (Products themselves)



Any item containing liquid cannot be collected

## Others



Cut into 1 m pieces or rolled up

Any item containing paint cannot be collected (Paint should be absorbed into paper or cloth or hardened and go in Burnable Garbage)

Dispose of e-bikes at the salvage yard (P. 14)

Release the gas inside as illustrated.

(Incandescent light bulbs / LED lights)

**Remember!** Any garbage put in a bag other than designated bags or in a corrugated container is not collected if it bears an Oversized Garbage Sticker.

Return mobile phones and smart phones (main unit, battery, and charger) to retailers.

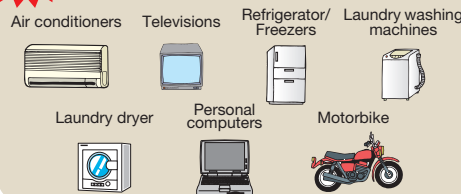


Disposal of unbroken fluorescent tubes at supportive collection sites → See page 11

**Attention** You should bring some items directly to the Nagano Recycle Center. Not all items are accepted at the Center.

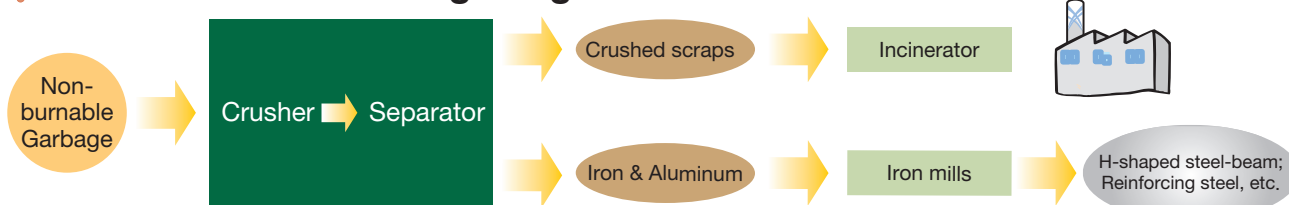
→ See pages 13 and 14

**Attention** You will have to follow correct procedures for disposing of items to be collected and processed by manufacturers.



You may not drop-off such items at collection site. → See pages 15 and 16

## Flow of Non-burnable garbage



Non-burnable Garbage

# Collection Not at Disposal Sites

## Sunday Recycle

Recyclables are collected at Sunday Recycle, events held in the corners of supermarket and other parking lots. Please make use of such events when shopping.

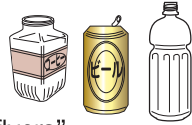
### Collection hours

10:00 a.m. to 1:00 p.m. (common to all sites)

### Collection items

#### \* Bottles, Cans, Plastic bottles

Be sure to rinse the inside before taking to the site.



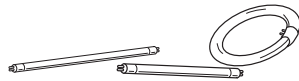
#### \* Paper

Classify into "Newspapers with flyers", "Magazines and other old paper", and "Cardboards" and tie a string crosswise and lengthwise around each item and drop-off them at collection site.



#### \* Fluorescent tubes

Protecting them from being broken, such as putting each in a box of purchase, bring them carefully. (About 10 lights)



#### \* Dry cell batteries

Rechargeable batteries as well as button cell batteries are not collected.



#### \* Waste plant-based cooking oil

Pour the oil into a container for the collection placed in the site. Please bring your empty bottle back.

(Some sites do not provide collection service for cooking oil.)



#### \* Yard waste, etc.

See page 8 for how to dispose. (Some sites do not provide collection service.)

#### \* Small home appliances

(Some sites do not provide collection service.)

### Collection sites and schedule

See the Sunday Recycle schedule released every March or the City website.

#### Attention

- Any item must not be placed other than during the Collection Hours.
- Any item from business firms will not be collected.
- Collection sites and items are subject to change.

## Disposal of fluorescent lights at collection sites (besides Sunday Recycle)

Fluorescent lights are collected at designated sites and recycled.

### Accepted items

#### \* Straight fluorescent tubes



#### \* Circline fluorescent tubes



#### \* Fluorescent bulbs



Fluorescent lights may not be thrown away at disposal sites.

### Attention Items that do not go in this category

- Incandescent light bulbs
  - LED lights
  - Glow lamps
  - Broken fluorescent lights
  - Light fixtures
  - Commercial lighting
- Go in Non-burnable Garbage

**Attention** Throw away broken fluorescent lights at disposal sites on Non-burnable Garbage days

### Collection sites

#### Retailers collecting fluorescent lights

Retailers collecting fluorescent lights are marked by this sticker. (See the list to the right for participating retailers)

Bring them to retailers during store hours and pass them to store personnel.

#### City Hall branch offices (27 locations), liaison offices (Nobusato and Shigarami), Living Environment Management Section (3rd floor of City Hall Building No. 2)

Bring them in between 8:30 and 17:15 on weekdays and pass them to any personnel.



**Attention** In order to avoid breaking them, bring them in the box or bag they came in, if possible.

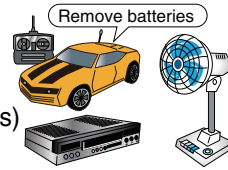
# Collection Not at Disposal Sites

## Disposal of used small home appliances at collection sites (from 2015)

### Accepted items

Electrical devices (including battery-powered ones) that meet the following conditions:

- ① Items that were used at home but are not needed anymore. (commercial items not accepted)
- ② Max dimensions: 1 m × 50 cm × 50 cm
- ③ Items that can be carried by one person (approx. 20kg or less)



### Items that are not accepted:

- Items included in the Home Appliance Recycling Law (air conditioners, televisions, refrigerators/freezers, washing machines/dryers)
- Devices with personal information or devices from which external storage devices have not been removed
- Items from which batteries, fluorescent lights, light bulbs, gas cylinders, kerosene, and toner cartridges have not been removed.
- Items that are mostly cloth or wood (kotatsu tables, electric blankets, wooden speakers, etc.)
- Items that have been disassembled, fragments of parts
- Items containing fluorocarbon or oil (dehumidifiers, oil heaters, etc.)

- Note**
- You are responsible for deleting personal information from mobile phones, computers, and other devices that may contain personal information.
  - Be sure to remove memory cards and other external storage devices.
  - Do not place items in plastic bags or cardboard boxes. (Oversized Garbage Stickers are not required.)
  - Items may be refused if the amount appears to be more than an amount from home (e.g. 5 of the same items or less)

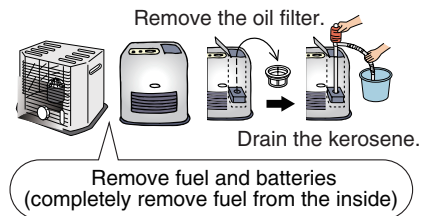
### Collection sites

① **Retailers collecting small home appliances** See the list below for participating retailers.



Electronic stores within the city that collect small home appliances are marked by this sticker. Bring them to retailers during store hours and give them to store personnel. See the list below for participating retailers.

E.g. Telephones, mobile phones, radios, cameras, video cameras, DVD recorders, VHS recorders, CD/MD players, digital audio players, computers, monitors, printers, calculators, rice cookers, hair dryers, lighting apparatuses (except fluorescent lights and light bulbs), electric watches, game consoles, microwaves, electric kettles, hot plates, fans, vacuums, irons, electric stoves, fan heaters



② **Collection at Sunday Recycle** See the page to the left for details.

## List of retailers available for fluorescent-lamp collection

(Retailers in yellow cells with circled numbers collect small home appliances) (area code: 026) (as of April 2019)

Code	Store name	Telephone	District	Code	Store name	Telephone	District	Code	Store name	Telephone	District
1	Yamatoya Shoten	256-2034	Kinasa	(35)	Hokushin Denki Shokai	233-0241	Dai-san (Higashi-tsuruga)	(69)	Suzuki Denki	285-2426	Kohoku (Tamaki)
2	Wada Denka Service	254-2088	Togakushi (Toyooka)	36	Shoei Denki	234-2711	Dai-san (Yanagimachi)	70	Amaya Denki	284-2840	Kohoku (Tanbajima)
3	Ota Denka Center	226-8727	Amori (Koichi)	38	Shimoda Denki	232-6547	Miwa 4	(72)	Nakazawa Denki	284-5771	Kawanakajima (Kamihigano)
(8)	Denka no Sankyō	228-2787	Amori (Sashide)	(39)	Panamate Kitano	235-1211	Miwa 8	73	Aoki Radio Shop	284-4182	Kawanakajima (Kamihigano)
(9)	Futaba Denki Shokai	226-5487	Amori (Sashide)	(40)	Yanagisawa Denki	233-0533	Miwa 8	(74)	Denki no Nagata	291-1955	Kawanakajima (Hara)
(10)	Kitazawa Denki	227-8464	Dai-go (Nakagoshō)	(41)	San-ai Shokai	241-2802	Dai-ni (Uematsu)	75	Suzuki Denka Service	284-1312	Kawanakajima (Kamihigano)
11	Tanaka Denki	227-2223	Serita (Kurita)	42	Denkyō	244-4314	Dai-ni (Uematsu)	77	Kasuga Denki	278-3733	Matsushiro (Toyoaka)
13	Panelife Serita Shop	228-6149	Serita (Kurita)	(44)	Obinata Denki Shokai	241-2292	Miwa 9	78	Nakamura Dengyōsha	278-2684	Matsushiro (Matsushiro)
(15)	Yumoto Denki	221-4465	Serita (Hizume)	(46)	Wada Denka Center	243-3389	Komaki (Hirabayashi)	(80)	Maruyama Denki	292-2349	Shinonoi (Okada)
(17)	Sakai Kaden	226-7622	Serita (Minamimata)	(47)	Denka no Wako Nakano Kaden	243-5449	Komaki (Higashiwada)	(81)	Hinode Denki	292-1683	Shinonoi (Takada)
18	Toei Denki	227-1088	Serita (Nanase)	48	Daiya Denki	244-5950	Komaki (Higashiwada)	(82)	Miyazawa Denki	293-2605	Shinonoi (Kassenjo)
20	Hattori Denki Shokai Wakasato Shop	227-3409	Serita (Wakasato)	49	Denkido	244-3662	Asahi (Kitaowaribe)	(83)	Okitsu Denki Service	293-3733	Shinonoi (Onbegawa)
21	Hattori Denki Shokai Nakagoe Shop	247-8217	Wakaho (Watauchi)	(50)	Life Helper Ishibashi	243-7455	Yoshida 5	(85)	Bunka Denki	292-0542	Shinonoi (Takada)
23	Okumura Sangyo	226-7184	Dai-go (Minami-ishido)	52	First Denki	259-9374	Wakatsuki-danchi	86	Okawa Shokai	257-2153	Toyono (Toyono)
24	Ueno Kaden	243-1147	Asahi (Kitanagaikae)	53	Wakatsuki Denki	241-3560	Wakatsuki-danchi	87	Okawayama	257-2189	Toyono (Toyono)
26	Suzuki Dengyo	234-3628	Dai-yon (Agatamachi)	(54)	Mito Denka Center	241-0198	Wakatsuki (Tokuma)	88	Matsuzawa Denki	257-2802	Toyono (Kanisawa)
29	Nomata Denki	243-3297	Yanagihara	55	Step-In Chimura	241-6185	Wakatsuki (Tokuma)	(89)	Matsuki Denki	274-5412	Kohoku (Kita-Higano)
30	Ibōri Denki Shokai	232-0377	Dai-yon (Minamiagata-machi)	(58)	Kubota Denki Service	296-3111	Asahi (Kitabori)	90	Shimizu Denki	262-2314	Shinshu Shinmachi (Kamijo)
(31)	Aoki Radio	232-4623	Dai-go (Higashimachi)	59	Kubota Denki Yoshida Shop	243-3855	Yoshida 4	91	Sankyō Denshi Shinmachi Shop	262-3332	Shinshu Shinmachi (Shinmachi)
32	Nagano Denka Service	232-3482	Dai-ni (Miwa 7)	60	Takatou Shokai	296-9402	Naganuma (Omachi)	92	Shin'etsu Denki	262-2167	Shinshu Shinmachi (Shinmachi)
33	Joto Denki	234-1484	Dai-ni (Uematsu)	61	El Compass Taiyo	295-5880	Yanagihara	(93)	Kohoku Denkado	285-0606	Kohoku (Otsuka)
(34)	Kodensha	241-0001	Asakawa (Kagurabashi)	(62)	Hanaoka Denki	244-6887	Yanagihara (Murayama)				
				(64)	MJD Komamura	282-3530	Wakaho (Watauchi)				

(Number = registration number)

# Collection Not at Disposal Sites

## Direct Drop-off

### Drop-off location

Greater Nagano Region Union  
2-27-1 Matsuoka, Nagano  
☎ 026-222-5301

◆ All garbage except burnable garbage

(Non-Burnable Garbage, Plastic Packages, Paper, Cans, Bottles, Plastic Bottles, Yard Waste)

**Nagano City Recycle Center**  
(Formerly the Nagano City Refuse Center)  
2-42-1 Matsuoka, Nagano  
☎ 026-221-5316

☞ See the guide map on the page to the right.

As for bulky items that may not be placed at disposal sites (such as large furniture), including temporary large amounts of garbage generated by moving or a big clean-up, you may take them directly to the Nagano City Recycle Center, or request any authorized private waste hauler or the Center to pick them up.

\*See the City website or phonebook for authorized private waste haulers.

### Reception hours

**Weekdays...8:30 to 11:30 and 13:00 to 16:30 Saturday...8:30 to 11:30 (Closed afternoons)**

● Closed on Sundays and holidays (May be closed for inspection and closed around New Year's Day, etc.)

### Fees (Garbage Disposal)

(updated April 1, 2019)

Classifications		Garbage disposal fee
Burnable Garbage		¥160/10 kg
Non-burnable Garbage		¥170/10 kg
Recyclables	Plastic Packages, Papers, Cans, Bottles, plastic bottles	¥30 per 10 kg
	Yard waste*	Free

\*Yard waste must be brought in directly. Refer to page 8 for the length and width of branches that can be brought in. Items that do not meet the guidelines may not be accepted.

\*Yard waste brought in by certain haulers may not be accepted.

### Instructions for drop-off

Separate waste as you would if you were throwing it away at the disposal site. Put it in a clear bag or tie it up with rope. Large items that do not fit in a bag can be brought in as is.

### Attention

- Do not use designated bags or Oversized Garbage stickers.
- Since the contents cannot be seen, do not use non-clear bags or cardboard boxes.

### If you cannot take waste to the Center

**Option 1** Contact an authorized hauler

**Option 2** Request that the city do it. Appointment based  
Contact the Nagano City Recycle Center.  
☎ 026-221-5316

### City collection fee (as of April 1, 2019)

Classifications	fee
Up to a full 2 ton truck	¥25,800
Up to half a 2 ton truck	¥16,300
Up to a quarter of a 2 ton truck	¥11,600

\*Bring waste to an easy to load location.

\*Includes both collection and disposal fee

### Items that may be brought directly to the Center (examples)

Items that can be thrown away at disposal sites The following items cannot be thrown away at disposal sites (examples)

**Burnable Garbage** Tatami mats (up to 16 mats/day), large furniture, etc.

### Non-burnable Garbage

Tire wheels (metal/aluminum), tire chains (metal), jack (non-hydraulic), roof rack (up to 1.8 m), wheelbarrows (home use), brush cutters (electric, up to 1.8 m), chain saws, ladders (iron/aluminum; up to 3 m), pickaxes, hammers (large), water heaters (up to 1.8 m), dish washers (large), bathtubs, toilets (ceramic), tatami-mats, iron pipes, iron beams, iron plates, iron poles (up to 1.8 m), iron alleys, dumbbells, fences (up to 1.8 m), drum cans (200 liters, empty.), pedal sewing machines, organs, electric pianos (over-size items should be brought to the salvage yard), ping-pong table, bowling pins, etc.

### Pet Cremation

- Individual cremation ended in March 2019. **Contact a private pet crematorium.**
- General incineration (as Burnable Garbage) is handled by the Nagano Environmental Energy Center.  
Disposal fee: ¥160/10 kg

### Other

If you find dead animals, such as dogs and cats on the road, please contact the Nagano City Recycle Center (☎ 026-221-5316)

### Contact

**Nagano City Recycle Center** (Formerly the Nagano City Refuse Center)

☎ 026-221-5316

\*As of March 2019, management of Burnable Garbage was transferred from Nagano City to the Greater Nagano Region Union

**Greater Nagano Region Union  
Nagano Environmental Energy Center**

(Inquiries about the facility ☎ 026-222-5301)

# Collection Not at Disposal Sites

## Disposal Not Handled by the City

### The following items go to the salvage yard (for a fee)

Make an appointment on the phone before bringing the items yourself.

#### Accepted Items

Roof tiles, bricks, drying frames, concrete blocks, water heating appliances, coiled spring sofa/mattresses\*1, electric home-care beds, electric wheelchairs, electric healthcare devices, electric bicycles, oil heaters, pickling stones (plastic-coated), tires (and wheels), hydraulic jacks, pumps, bowling balls, etc.

Cannot be thrown away at disposal sites

#### How to make an appointment (appointment required)

##### Contact Nagano City Recycle Center

☎026-221-5316  
Reception hours Weekdays 8:30 to 17:15 (except public holidays)  
Number of spots 30 people/day (first-come, first-serve)

#### Instructions for drop-off (self)

Location: Salvage yard (Refer to the map below.)  
2-23-24 Matsuoka, Nagano  
Hours: Every 2nd and 4th Saturday 8:30 to 11:30  
Fee: Pay on site

\*1 Aside from the salvage yard, coiled spring sofa/mattresses, are also accepted by authorized waste haulers (for a fee).

### Authorized Haulers

Naotomi Shoji Co., Ltd. ☎ 026-222-1887  
Takara Shigen Kaihatsu Co., Ltd. ☎ 0120-030-320  
Equal Zero Co., Ltd. ☎ 026-221-8080

- Option 1** Request that one of the above companies collect and dispose of the item(s).
- Option 2** Contact one of the above companies and bring the item(s) there yourself.

### Items not handled by the City

The City does not collect or accept drop-off for the following items

#### Items

Stones, sand, soil, calcium chloride, gasoline, diesel fuel, kerosene, oil, extinguishers, paint, paint thinner, vehicles, motorbikes, scooters, generators, batteries, engines, snow plows, farm machines, LP gas cylinders, agrichemicals, gunpowder, poisons, pianos, liquids, commercial waste (including agricultural waste), bulky items, etc.

Cannot be thrown away at disposal sites

Please bring the item(s) back to the store where you bought each item or request that proper people in charge of waste disposal take care of them (for a fee)

### Recycling Fire Extinguishers

- Option 1** Bring to a designated collection site (for a fee). Designated collection sites: Naotomi Shoji Co., Ltd 3397-6 Mamejima ☎026-222-1880 (main line) ☎026-222-1882(direct line)
- Option 2** Bring directly to the appropriate counter or request that the item be taken care of (for a fee)  
Appropriate counter: Check the website at the URL below or contact the City ☎ 026-224-7635)
- Option 3** Request collection via Yu-Pack (for a fee)  
Call center: ☎0120-822-306

#### Recycling sticker

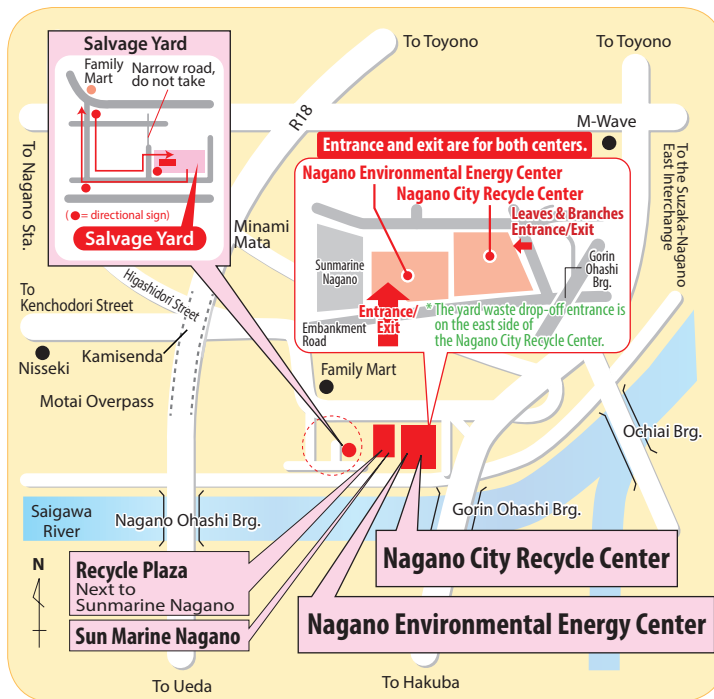
As of 2010, all domestic fire extinguishers have a recycling sticker. In the event that there is no recycling sticker, a sticker fee is required.

#### → Inquiries

Fire Extinguisher Recycling Promotion Center ☎03-5829-6773 (URL) <http://www.ferpc.jp>



## Nagano City Recycle Center Nagano Environmental Energy Center Recycle Plaza Salvage Yard Guide Map

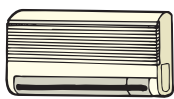






Disposal Not Handled by the City

# Collection/Processing by Manufacturers

## Electric Appliance Recycling

### Items that go in this category

* <b>Air conditioners</b>	* <b>Televisions</b> (CRT/liquid crystal/plasma TVs)	* <b>Refrigerator/ Freezers</b>	* <b>Laundry washing machines</b>	* <b>Laundry dryer machines</b>
				

Disposal at collection site is not accepted

### Instructions for recycling

You can dispose of used appliances by either of the following options.

- Option 1** : Request the retailer who before sold the appliance to take-back it or request the retailer who will sell the replacement appliance to take-back the used one.
- Option 2** : After paying the Recycling fee at the post office (give the brand and size), take the item directly to any designated drop-off recycling locations by yourself.
- Option 3** : After paying the recycling fee at the post office, request pickup by an authorized hauler.

\*After paying the recycling fee at the post office (except for Kan'i Post Office), take the recycle ticket you receive and the appliance to the party accepting it.

\*For options 1 and 3, you will need to pay a collection fee in addition to the recycling fee. Check with the relevant party.

### Recycling fee (includes consumption tax)

Recycling fee varies among manufacturers, etc. For the payment at post office, fund transfer fee will be separately charged.

Accepted Items		Recycling Fee (tax incl.)
Air conditioners * Air conditioner recycling fee Nojima Co., Ltd.; Fifty Co., Ltd.; Yamazen Co., Ltd.; and Iris Ohyama Inc..... ¥2,041 Yanmar Co., Ltd..... ¥9,720 (all makers besides those above) ..... ¥972		¥972-¥9,720
Televisions (framed CRT)	Differentiation by size	Large (16 in or larger) Small (15 in or smaller)
	No differentiation by size	¥2,376-¥3,634 ¥1,296-¥3,094
		¥2,376-¥2,916
Televisions (LCD, plasma)	Differentiation by size	Large (16 in or larger) Small (15 in or smaller)
	No differentiation by size	¥2,916-¥3,688 ¥1,836-¥3,148
		¥2,916-¥3,291
Refrigerators/ Freezers	Differentiation by size	Large (171 L or more) Small (170 L or less)
	No differentiation by size	¥4,644-¥6,037 ¥3,672-¥5,497
		¥4,644-¥4,968
Washers/Dryers		¥2,484-¥3,202

(as of March 2019)

### Designated drop-off recycling locations

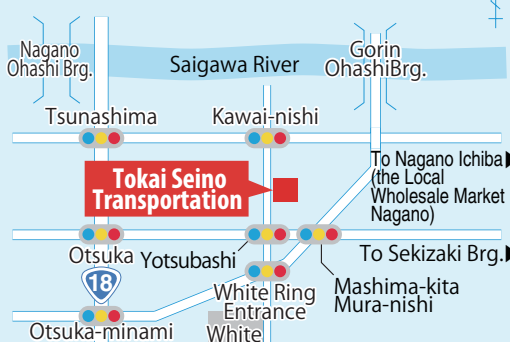
Place your garbage at your convenient collection site. Contact the relevant manufacturer's location for their working hours.

**Fukasawa Sangyo Co.,Ltd.**  
TEL. 026-272-2727



2060 Amenomiya, Chikuma city

**Tokai Seino Transportation Co., Ltd.**  
TEL. 026-214-7556



Designated drop-off locations: 240-1 Muranishi, Kawai, Mashima-machi, Nagano

### Contact

For manufacturer names and recycling fees, etc.

**Electric Appliance Recycling Coupon Center (RKC)**

URL: <http://www.rkc.aeha.or.jp>  
☎ 0120-319-640

For details on designated drop-off recycling locations and Licensed Hauler, contact

**the Living Environment Management Section at**  
☎ 026-224-7635  
026-224-5035



# Collection/Processing by Manufacturers

## Recycling of PCs

Thank you for your cooperation in “PC Recycling” program to encourage collection and recycle of personal computers that are no longer used.

→ For free computer recycling through Small Home Appliance Recycling, see “Disposal of used small home appliances at collection sites” (page 12).

### Items that go in this category

\*Desktop personal computers (mainbody)



\*Notebook personal computers



\*CRT monitors/All-in-one computers



Be sure to purge all data before disposal!

\*Liquid crystal monitors/All-in-one computers



\*Standard accessories contained in a package at purchase (including mouse, keyboard, speakers, cables) can be collected together.

Disposal at collection site is not accepted

### Attention Items that do not go in this category

- Peripherals including printers and scanners
- Word-processors-dedicated device

Go in Non-burnable Garbage (disposal at collection site)

Mouses, keyboards, speakers, cables, and other individual items can be put into Non-burnable Garbage.

### Instructions for recycling

Contact the relevant manufacturer directly to recycle the item properly in the designated manners.

**Application** : Make an application for the collection directly to the manufacturer (phone-call or access to websites).  
If no manufacturer collects the item, make an application for collection to “PC3R Promotion Association”.

**Payment** : Pay a recycling fee in the manner designated by the manufacturer.  
(Personal computer bearing a recycle mark shown below right, manufactured after October, 2003, is not required for payment)

**Packaging** : When you received “Yu-pack parcel slip”, package the item simply and affix the slip.

**Postal transport** : Take the item to your local post office (Except simple post office) or ask any post office for door-to-door collection service.  
(Recycling fee includes the postage fee. The fee does not vary regardless of whether it is brought-in or picked-up, and regardless of district)

### Recycling fee

For a recycling fee, please contact the manufacturer.

For a PC bearing this mark, recycling fee is not required for payment.



### Contact/Service window

If the manufacturer is identified → Contact the relevant manufacturer

If no manufacturer is identified, including home-assembled personal computers, contact

→ PC3R Promotion Association URL: <http://www.pc3r.jp> ☎03-5282-7685

## Recycling of Motorcycles

Disposal at collection site is not accepted

### Items that go in this category

Motorbikes that were manufactured or imported and domestically sold by business operators participating in motorbike recycling (including motorized bicycles). However, motorbikes from which parts have been removed, sidecars, and other pieces are not accepted.

### Instructions for recycling

**Option 1** Bring the bike and necessary paperwork to a designated collection site.  
Designated collection site: Fukasawa Sangyo Co., Ltd. 2060 Amenomiya, Chikuma

**Option 2** Bring the bike and necessary paperwork to a bike recycler or request for it to be collected (collection/transport fee required)  
Motorbike wreckers: Contact one of the following.

### For inquiries about motorbike recyclers and necessary paperwork

- **Motorcycle Recycling Call Center** ☎050-3000-0727 ▶9:30 to 17:00 (Except Sat, Sun, holidays, and around New Year's Day)
- **Japan Automobile Recycling Promotion Center** ▶URL(<http://www.jarc.or.jp/motorcycle/>)

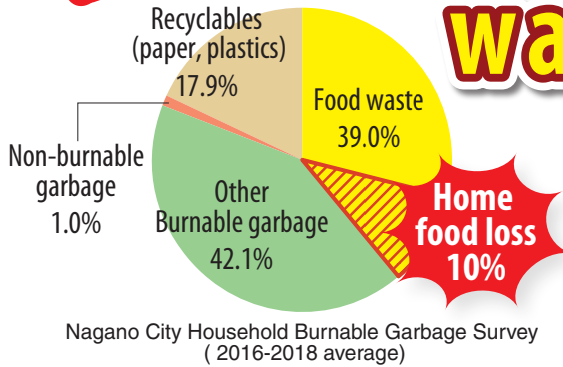
Information about participating recyclers, necessary paperwork, designated collection sites/ motorbike wreckers, fees, accepted items, and more



# Reduction of Food Loss and Waste



# Reducing food loss and waste challenge



Household Burnable Garbage is approximately 40% food waste, and approximately one-fourth of that is food loss from throwing away edible items. Do you ever find yourself thinking, "What a waste" ? If each person makes an effort, we can reduce food loss. The key to reducing garbage is reducing food waste, and food loss in particular.

## Ways you can reduce food loss and waste at home

### ✓ Take a look!

- 1. Do not buy too many ingredients** ▶ Check what you have in your fridge and pantry before you go and bring a shopping list.
- 2. Use up ingredients** ▶ Cook them before their expiration/best buy dates.
- 3. Make what you can eat** ▶ Split and store extra in the refrigerator.
- 4. Drain well** ▶ Squeeze out water from the sink corner garbage net.
- 5. Dispose of food waste at home** ▶ Use a garbage disposal unit or compost food waste in a cardboard box.
- 6. Participate in food drives** ▶ Donate food items you will not use



### \* Food Drives

The City holds food drives periodically and gives donated items to people, groups, and facilities that have need of them. There are also NPOs that accept donations directly. Contact the Living Environment Management Section for details.

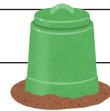
## Please take measures and participate in the City's activities to reduce food waste.

### \* Subsidies are available for purchasing home-use garbage disposal units.

After you have installed the unit, register with your nearby branch office or the Living Environment Management Section to receive the subsidy.

(as of April 2019)

Applicable disposal units	Subsidy
Electric (or manual) kitchen sink garbage disposal	Half of the purchase price (up to ¥ 30,000), 1/household
Fermentation container / Composter	Up to ¥ 3,000, up to 2/household



### \* Dispatch of Food Waste Reduction Advisers

We can send advisers to give lectures in communities. Lectures will be organized according to your needs; for example, they offer advice on food waste composting in a cardboard box and environmentally friendly cooking. We provide base materials for food waste composting.

### \* Class on how to compost food waste at home (cardboard box method)

A class for first-timers. Participants will be given a cardboard box and compost. (Class dates are listed in Koho Nagano and on the City website.)



### \* Collection of first-stage composted matter

First-stage composted matter (compost, etc.) from garbage disposals or other units is collected by the Living Environment Management Section.

\* All measures and activities are overseen by the Living Environment Management Section, so please contact them with inquiries (TEL 026-224-5035)

Subsidy for Household Garbage Disposal Reduction of Food Loss and Waste

# Garbage Classification Index

**Note 1**

The items included here are subject to household waste. Any waste from business firms (including retailers, offices, farmhouses) are handled in different manners.

**Note 2**

Limit in size

- Acceptable size of items to be placed at collection site:  
...Up to about 1 m x 50 cm x 50 cm
- Dimensions of items that can be brought in:  
...Varies depending on the item. Contact the Nagano City Recycle Center (☎026-221-5316)

★ Indications of classification and reference pages for the detailed disposal ★

Indications	Classifications	Reference pages	Indications	Classifications	Reference pages
Burn	Burnable Garbage	9	Non-B	Non-burnable Garbage	10
Pla	Plastic Packages	3	Yard	Yard garbage	8
Can	Cans	6	PET	Plastic bottles	6
Paper	Papers	5	Bottle	Bottles	7
Dry cell	Dry cell batteries	7	Ash	Ash	9
Drop-off at a waste management facility		13	Receiving at Salvage Yard		14

Disposal site → ○...Acceptable / As for Togakushi, Kinasa, Ooka, Shinshu Shinmachi, and Nakajo districts, yard garbage should be taken to Sunday Recycle events  
 ×...Not acceptable

SHA ... Applicable items from small home appliances are collected at Sunday Recycle and by participating retailers. See page 12 for details.  
 Waste Management Facilities (Nagano City Recycle Center, Nagano Environmental Energy Center) → ○...Acceptable / ×...Not acceptable

Items	Classifications	Disposal site	Waste Facility	Remarks
<b>A</b> Aerosol cans (for hair, insecticide, and Paint)	Can	○	○	Use up completely and punch a hole.
Agrichemicals	—	×	×	Take them to JA or contact any waste disposal contractor.
Air bed	Burn	○	○	Let the air out.
Air conditioners	—	×	(○)	Acceptable with a Recycle Ticket purchased (fee-based) (See page 15)
Air purifiers SHA	Non-B	○	○	Limited in size
Aerobics (with motor)	—	×	×	Items that do not meet drop-off guidelines go to the salvage yard
Aerobics (without motor)	Non-B	×	○	Limited in size
Albums	Burn	○	○	Other materials including metal go in Non-burnable Garbage.
Alcoholic-sake cartons (having aluminum-evaporated inner surface)	Burn	○	○	Those having no aluminum-evaporated film go in "Paper".
Aluminum coated plastic bags (candy wraps/plastic)	Pla	○	○	Items bearing "Pla" mark
Aluminum foils	Non-B	○	○	Contaminated ones go in Burnable Garbage.
Aluminum wheels (vehicle)	Non-B	×	○	
Amplifiers (audio) SHA	Non-B	○	○	
Antennas	Non-B	○	○	Limited in size
Artificial tooth	Non-B	○	○	
Artificial turf	Non-B	○	○	Limited in size
Ash (only for household garbage)	Ash	○	○	Put in a durable bag and write "ash" on it
<b>B</b> Baby baths	Non-B	○	○	
Baby chairs	Non-B	○	○	
Baby strollers	Non-B	○	○	Limited in size
Bags	Burn	○	○	
Ballpoint pens	Non-B	○	○	
Balls (except bowling balls)	Burn	○	○	
Bamboo blinds	Burn	○	○	
Barbells	Non-B	×	○	
Basket balls	Burn	○	○	
Bath boilers	Non-B	○	○	With a limit in size acceptable for drop-off at Center, larger one will be accepted at Stock Yard. Remove batteries.
Bath mats (for washroom)	Burn	○	○	
Bath pumps SHA	Non-B	○	○	
Bathtub (metal and insulation)	—	×	×	Acceptable at Stock Yard
Bathtub (plastic)	Non-B	×	○	Limited in size
Bathtub (metal only)	Non-B	×	○	Limited in size
Bats (metal)	Non-B	○	○	
Batteries	—	×	×	Take to a retail drop-off site.
Battery chargers (Small ones for home-use) SHA	Non-B	○	○	

Items	Classifications	Disposal site	Waste Facility	Remarks
Beach parasols	Non-B	○	○	
Bedding dryers SHA	Non-B	○	○	
Beds (electric home-care bed)	—	×	×	Acceptable at Stock Yard
Beds (metal)	Non-B	○	○	Limited in size
Beds (wooden)	Burn	○	○	Limited in size
Beer bottles	Bottle	○	○	Return to the place of purchase preferably.
Bicycles	Non-B	○	○	Excluding electric bicycles
Bicycles tires	Non-B	○	○	Only rubber goes in Burnable
Binders	Non-B	○	○	
Binoculars	Non-B	○	○	
Bird cages (metal)	Non-B	○	○	
Blankets	Burn	○	○	Fold and tie a string around them.
Boilers	Non-B	○	○	Limited in size; Remove batteries.
Book shelves (non-wooden)	Non-B	○	○	Limited in size
Book shelves (wooden)	Burn	○	○	Limited in size
Boot bags	Burn	○	○	
Boots	Burn	○	○	
Bottle caps (plastic)	Pla	○	○	Metal ones go in Non-burnable Garbage.
Bottles (thinner, Paint, medicine)	Non-B	○	○	Use up the contents completely before disposal.
Bottles (nutrition drink, sake, preserving bottle, etc.)	Bottle	○	○	Rinse the inside lightly; Return returnable bottles to the place of purchase preferably.
Bowling balls	—	×	×	Acceptable at Stock Yard
Bowls (for kitchen)	Non-B	○	○	
Bricks	—	×	×	Acceptable at Stock Yard
Briquette kotatsu (heater)	Non-B	○	○	Limited in size
Briquettes	Burn	○	○	
Brooms (wooden)	Burn	○	○	Non-wooden items go in Non-burnable garbage.
Brush Cutter (engine-driven)	—	×	×	Acceptable at Stock Yard (Blades alone removed from a body go in Non-burnable Garbage.)
Buckets	Non-B	○	○	
Bulbs	Non-B	○	○	
Bumpers	—	×	×	to any waste disposal contractor
Bur cucumber	Burn	○	○	Invasive alien species. Leaves and branches not accepted
Business cards	Paper	○	○	as "Other old papers"
Button batteries	—	×	×	into a collection box at retailers. Lithium ion button cell batteries go in Non-burnable Garbage
Buzz saw (rotating blade)	Non-B	○	○	
<b>C</b> Cables	Non-B	○	○	Cut them into about 1 m lengths or bundle them.
Cake boxes (paper)	Paper	○	○	as "Other old papers"
Cake boxes (steel)	Can	○	○	
Cameras SHA	Non-B	○	○	
Candles	Burn	○	○	
Canisters	Non-B	○	○	
Cans (18-liters)	Non-B	○	○	
Cans (beverage, cake, tea, etc.)	Can	○	○	Use up the contents completely before disposal. Paint cans go in Non-burnable Garbage.
Car stereos SHA	Non-B	○	○	
Carbon papers	Burn	○	○	
Cardboards	Paper	○	○	

# Garbage Classification Index

Disposal site → ○...Acceptable → X...Not acceptable  
 As for Togakushi, Kinasa, Ooka, Shinshu (Shinmachi, and Nakajo districts, yard garbage) should be taken to Sunday Recycle events

Items	Classifications	Disposal site	Waste Facility	Remarks
Career boxes (for vehicles)	Non-B	X	○	Limited in size
Careers (for vehicles)	Non-B	X	○	Limited in size
Carpets	Burn	○	○	Limited in size
Cashier plastic bags	Pla	○	○	Contaminated ones should be put into Burnable Garbage.
Cassette decks [SHA]	Non-B	○	○	
Cassette gas cylinders (for camp, climbing.)	Can	○	○	Empty each one and punch a hole.
Cassette Stoves	Non-B	○	○	Remove batteries and cylinders.
Cassette tapes	Burn	○	○	Causing the crusher to get clogged (Cases go in Non-burnable Garbage.)
CD Compact Disc	Non-B	○	○	together with cases if any
Ceramic wares	Non-B	○	○	
Chains (metal)	Non-B	X	○	
Chains (non metal)	Non-B	○	○	
Chairs (wooden)	Burn	○	○	Limited in size; Non-wooden items go in Non-burnable garbage; For Spring coiled items, see the description of Sofas.
Chamber pots	Non-B	○	○	Human waste should be flushed down toilet.
Charging batteries	-	X	X	Into a collection box at retailers.
Chest of drawers	Burn	○	○	Limited in size
Chests	Burn	○	○	Limited in size
Child seats	Non-B	○	○	
Chinaware	Non-B	○	○	
Cine-projector (slide) [SHA]	Non-B	○	○	
Clay (oily/paper)	Burn	○	○	
Clear files	Burn	○	○	
Clinical thermometer	Non-B	○	○	Contact the Living Environment Management Section (224-7635) about items containing mercury
Clocks [SHA]	Non-B	○	○	Electric/ battery-powered items treated as [SHA]
Clothes	Burn	○	○	Put them in Designated bags, or fold and bundle them up with rope, if the amount is large.
Clothes containers	Non-B	○	○	
Clothes hanger (non-wooden)	Non-B	○	○	Wooden items go in Burnable Garbage.
Clothespin	Non-B	○	○	
Coffee Maker [SHA]	Non-B	○	○	
Combs (non-wooden)	Non-B	○	○	Wooden items go in Burnable Garbage
Comforters	Burn	○	○	Fold and tie a string around them.
Composter	Non-B	○	○	Limited in size
Concrete blocks	-	X	X	Acceptable at Stock Yard
Coolers (box)	Non-B	○	○	
Cooling fan [SHA]	Non-B	○	○	Limited in size. Those with fluorocarbon (CFC) go to waste management facilities
Cord reels	Non-B	○	○	Cord goes in separately
Cords	Non-B	○	○	Cut them into about 1 m lengths or bundle them.
Cores of wrap film rolls	Paper	○	○	as "Other old papers"
Corrugated boards (plastic/metal)	Non-B	○	○	Limited in size
Cosmetic bottles	Non-B	○	○	Ensure it is empty.
Cotton	Burn	○	○	
Cotton swabs	Burn	○	○	
Crayons	Burn	○	○	
Cups (excluding paper/ wooden ones)	Non-B	○	○	Paper/wooden items go in Burnable Garbage.
Curtain rails	Non-B	○	○	Limited in size
Curtains	Burn	○	○	Other materials including metal go in Non-burnable
Cushioning materials (styrofoam)	Pla	○	○	Particle items go in Burnable Garbage.
Cushions	Burn	○	○	
Cutting board (non-wooden)	Non-B	○	○	Wooden items go in Burnable Garbage.
<b>D</b> Day bags	Burn	○	○	
Dehumidifiers [SHA]	Non-B	○	○	Limited in size. Those with fluorocarbon (CFC) go to waste management facilities
Dehumidifying agent	Non-B	○	○	Drain water.
Deodorizer	Burn	○	○	
Desk lamps [SHA]	Non-B	○	○	
Desks (non-wooden)	Non-B	○	○	Limited in size
Desks (wooden)	Burn	○	○	Limited in size; Other materials including metal go in Non-burnable Garbage.
Diapers	Burn	○	○	Human waste should be flushed down toilet.
Diatomaceous earth	Non-B	○	○	Daily goods made with diatomaceous earth (bath mats, coasters, etc.)
Dish washers [SHA]	Non-B	○	○	Limited in size
Disposable chopsticks	Burn	○	○	
Double wheeled carts	Non-B	X	○	Limited in size; Remove boards and put into Burnable Garbage.

Waste Management Facilities (Nagano City Recycle Center, Nagano Environmental Energy Center) → ○...Acceptable → X...Not acceptable

Items	Classifications	Disposal site	Waste Facility	Remarks
Dress shirts	Burn	○	○	
Dressing tables (wooden)	Burn	○	○	Limited in size; Mirrors go in Non-burnable Garbage.
Driers	Non-B	○	○	
Drinking straws	Burn	○	○	
Dry cell batteries	Dry cell	○	○	On [Bottle] collection days; Electric-powered/electronic items treated as small home appliances. Lithium ion button cell batteries go in Non-burnable Garbage.
Dry-cleaning bags	Burn	○	○	
Dryers (clothing)	-	X	(○)	Acceptable with a Recycle Ticket purchased (fee-based) (See page 15) (Bedding dryer, etc.)
Dryers (other than clothing) [SHA]	Non-B	○	○	
Drying agents (for food)	Burn	○	○	
Drying frames (concrete)	-	X	X	Acceptable at Stock Yard
Dumbbells	Non-B	X	○	
<b>E</b> Earth and sand	-	X	X	to any waste disposal contractor
Earthenware pan	Non-B	○	○	
Egg packs	Pla	○	○	
Electric heating pads [SHA]	Non-B	○	○	
Electric bicycles	-	X	X	Acceptable at Stock Yard
Electric blankets	Burn	○	○	Power cords go in Non-burnable Garbage. For cords, see "Electric cords". Only mechanical part treated as [SHA]
Electric carpets	Burn	○	○	Power cords go in Non-burnable Garbage. For cords, see "Electric cords". Only mechanical part treated as [SHA]
Electric cords/cables	Non-B	○	○	Cut them into about 1 m lengths or bundle them.
Electric fans [SHA]	Non-B	○	○	
Electric grills [SHA]	Non-B	○	○	
Electric guitars	Non-B	○	○	
Electric health appliances	-	X	○	Items that do not meet drop-off guidelines are acceptable at Stock Yard
Electric home-care bed	-	X	X	Acceptable at Stock Yard
Electric organs	Non-B	○	○	With a limit in size acceptable for drop-off at Center, larger one will be accepted at Stock Yard.
Electric razors [SHA]	Non-B	○	○	
Electric space heater [SHA]	Non-B	○	○	Limited in size
Electric tool (handy type) [SHA]	Non-B	○	○	Smoothing planes, saws, drills, etc.
Electric tool (non-handy type)	-	X	X	Acceptable at Stock Yard
Electric wheelchairs	-	X	X	Acceptable at Stock Yard
Electronic organs	Non-B	○	○	With a limit in size acceptable for drop-off at Center, larger one will be accepted at Stock Yard.
Electronic pianos	Non-B	○	○	
Emblems	Burn	○	○	
Empty bottles of agrichemicals (kitchen garden)	Non-B	○	○	Use up the contents completely and rinse out before disposal.
Engine Brush Cutters	-	X	X	Acceptable at Stock Yard (any blades alone removed from a body go in Non-burnable Garbage)
Engine oils	-	X	X	to any waste disposal contractor.
Extension cord	Non-B	○	○	Cut them into about 1 m lengths or bundle them.
Extinguishers	-	X	X	Bring to designated collection sites or counters or contact Fire Extinguisher Recycling Promotion Center 03-5829-6773
<b>F</b> Fallen leaves	Yard	○	○	
Fan heaters [SHA]	Non-B	○	○	Limited in size; Remove kerosene and batteries.
Farm machines	-	X	X	to any dealer or waste disposal contractor.
Freezers	-	X	(○)	Acceptable with a Recycle Ticket purchased (fee-based) (See page 15)
Fertilizer bags	Pla	○	○	Smelly ones go in Burnable garbage.
Films (negative)	Burn	○	○	
Fireworks	Burn	○	○	Soak them in water before disposal.
Fishhooks	Non-B	○	○	
Fishing poles (materials other than bamboo)	Non-B	○	○	Limited in size; Bamboo ones go in Burnable Garbage.
Fishing strings	Burn	○	○	
Flashlights [SHA]	Non-B	○	○	Remove batteries.

# Garbage Classification Index

Disposal site → ○...Acceptable → (As for Togakushi, Kinasa, Ooka, Shinshu Shinmachi, and Nakajo districts, yard garbage should be taken to Sunday Recycle events) → ×...Not acceptable

Items	Classifications	Disposal site	Waste Facility	Remarks
Float ring	Burn	○	○	Let the air out.
Floppy disks	Non-B	○	○	Together with cases
Flower pots	Non-B	○	○	
Fluorescent lighting apparatus [SHA]	Non-B	○	○	
Fluorescent tubes (broken)	Non-B	○	○	
Fluorescent tubes (unbroken)	(Fluorescent tubes)	×	○	Collection at Sunday Recycle events and other drop-off locations in the city. (See page 12)
Flyers (direct mails)	Paper	○	○	as "Other old papers"
Flyers (newspaper inserts)	Paper	○	○	Tie them in a bundle with newspapers.
Food processors (Juicer) [SHA]	Non-B	○	○	
Fountain pens	Non-B	○	○	
Frying oil	Burn	○	○	Oil should be hardened or absorbed into paper or cloth. Liquid ones are not accepted. (Collection is also available at Sunday Recycle events: See P.11)
Frying-pans	Non-B	○	○	
Gas cooker	Non-B	○	○	Remove batteries and cylinders.
Gas cylinders (LPG)	—	×	×	to the place of purchase or any dealer
Gas heaters	Non-B	○	○	Limited in size
Gas lighters	Non-B	○	○	Use up completely.
Gas ovens	Non-B	○	○	Limited in size; Remove batteries.
Gas ranges	Non-B	○	○	Remove batteries and cylinders.
Gas stoves	Non-B	○	○	Limited in size
Glass boards	Non-B	○	○	Wrap them in a paper or cloth.
Glass tables	Non-B	○	○	Wrap glass in cloths, etc.
Glasses	Non-B	○	○	
Gloves	Burn	○	○	
Gloves (for sports)	Burn	○	○	
Go board	Burn	○	○	
Go stones	Non-B	○	○	
Goggles	Non-B	○	○	
Golf bags	Non-B	○	○	
Golf balls	Burn	○	○	
Golf clubs	Non-B	○	○	
Grass clippings	Yard	○	○	
Grinding stones	—	×	×	Acceptable at Stock Yard
Grow lights	Non-B	○	○	
Guitars (wooden)	Burn	○	○	Metal strings go in Non-burnable Garbage.
Hair clippers	Non-B	○	○	
Halogen heaters [SHA]	Non-B	○	○	
Hammers	Non-B	○	○	
Handbags	Burn	○	○	
Hanging clocks	Non-B	○	○	Remove batteries. Electric/battery-powered items treated as small home appliances
Harps	Burn	×	○	Metal strings go in Non-burnable Garbage.
Headphones [SHA]	Non-B	○	○	
Health appliances (motor-driven)	—	×	×	Acceptable at Stock Yard
Health appliances (non-motor-driven)	Non-B	○	○	Limited in size
Heat sensitive papers	Burn	○	○	
Heating cables for freeze protection	Non-B	○	○	Cut them into about 1 m lengths.
Heating pads (disposable)	Burn	○	○	Metal ones go in Non-burnable Garbage.
Heat-resistant glass wares	Non-B	○	○	
Helmets	Non-B	○	○	
Hoes	Non-B	○	○	
Hoses	Burn	○	○	Cut them into about 50 cm lengths.
Hot-water bottles	Non-B	○	○	
Humidifiers [SHA]	Non-B	○	○	Drain water.
Ice packs (soft type)	Burn	○	○	Hard type goes in Non-burnable Garbage
Injection needles	—	×	(○)	Request a doctor for take-back; If denied, take them to the Recycle Center
Ink cartridge	Non-B	○	○	Return to the store of purchase when possible
Ink ribbons for Word-processors	Burn	○	○	Causing the crusher to get clogged
Insect cages (non-wooden)	Non-B	○	○	Wooden items go in Burnable Garbage.
Insect glasses (magnifying glass)	Non-B	○	○	
Iron dumbbells	Non-B	×	○	
Irons	Non-B	○	○	

Waste Management Facilities (Nagano City Recycle Center, Nagano Environmental Energy Center) → ○...Acceptable → ×...Not acceptable

Items	Classifications	Disposal site	Waste Facility	Remarks
Jacks (hydraulic)	—	×	×	Acceptable at Stock Yard
Jacks (non-hydraulic)	Non-B	×	○	Limited in size
Juicers (Food mixers)	Non-B	○	○	
Karaoke equipment (household) [SHA]	Non-B	○	○	Limited in size
Kennels (metal/plastic)	Non-B	○	○	Limited in size; Wooden items go in Burnable Garbage.
Kerosene	—	×	×	to any waste disposal contractor.
Kettles	Non-B	○	○	
Keyboards (instrument) [SHA]	Non-B	○	○	With a limit in size acceptable for drop-off at Center, larger one will be accepted at Stock Yard.
Kitchen garbage	Burn	○	○	Drain well.
Kitchen garbage disposer (household)	Non-B	○	○	The contents go in Burnable Garbage. Electronic items treated as [SHA]
Kitchen knife	Non-B	○	○	
Kitchen knives sharpeners	Non-B	○	○	Wrap them in a paper or cloth.
Knives	Non-B	○	○	
kotatsu (heater)	Non-B	○	○	Limited in size; Remove the legs.
kotatsu (heater) top board	Burn	○	○	Limited in size; Other materials including metal go in Non-burnable Garbage.
Ladders (aluminum)	Non-B	○	○	Limited in size
Ladders (iron)	Non-B	×	○	Limited in size
Ladders (wooden)	Burn	○	○	Limited in size
Lamps	Non-B	○	○	Remove batteries and fuel. Electric/ battery-powered items treated as [SHA]
Laundry washing machines	—	×	(○)	Acceptable with a Recycle Ticket purchased (fee-based) (See page 15)
Laundry dryer	—	×	(○)	Acceptable with a Recycle Ticket purchased (fee-based) (See page 15)
Laundry poles (metal)	Non-B	○	○	Limited in size; Wooden items go in Burnable Garbage.
Lawn mowers (Small electric ones for home-use)	Non-B	○	○	Cut the cord into about 1 m lengths or bundle it.
Leather goods	Burn	○	○	
Leaves of trimmed trees	Yard	○	○	Do not put them in a corrugated container.
Legless chairs (non-wooden)	Non-B	○	○	Limited in size; Wooden items go in Burnable Garbage.
Lens	Non-B	○	○	
Lighters	Non-B	○	○	Use up the contents completely before disposal.
Lighting apparatus [SHA]	Non-B	○	○	Except fluorescent lights and light bulbs
Litter pellets for pets	Burn	○	○	Remove litters.
Lockers (steel)	Non-B	○	○	Limited in size
Lunch boxes	Non-B	○	○	
Magnets	Non-B	○	○	
Mahjong tiles	Non-B	○	○	
Mandolines	Burn	○	○	Metal strings go in Non-burnable Garbage
Marbles	Non-B	○	○	
Massagers (chair type)	—	×	×	Items that do not meet drop-off guidelines are acceptable at Stock Yard.
Massagers (handy) [SHA]	Non-B	○	○	
Matches	Burn	○	○	Soak them in water before disposal
Mattress (no coil spring)	Burn	○	○	Limited in size
Mattress (with coil spring)	—	×	×	For any mattress separated into spring and cover, each part will be accepted for drop-off at the Center. Refer to page 14 for how to throw away as is.
MD/MO	Non-B	○	○	Together with cases
Measures	Non-B	○	○	
Measuring tapes	Non-B	○	○	
Microwave range [SHA]	Non-B	○	○	
Mikes [SHA]	Non-B	○	○	
Milk bottles	Bottle	○	○	Return to the place of purchase preferably.
Milk cans (for baby)	Can	○	○	
Milk cartons	Paper	○	○	Rinse, open, and dry them.
Miniature bulbs	Non-B	○	○	
Mini-component (music centre) [SHA]	Non-B	○	○	
Miniature cars (toy)	Non-B	○	○	
Mirrors	Non-B	○	○	
Mobile phones [SHA]	Non-B	○	○	Delete personal information. Return to the place of purchase preferably.

# Garbage Classification Index

Disposal site → ○...Acceptable → ×...Not acceptable (As for Togakushi, Kinasa, Ooka, Shinshu Shinmachi, and Nakajo districts, yard garbage should be taken to Sunday Recycle events)

Items	Classifications	Disposal site	Waste Facility	Remarks
Mobility scooters (electric)	—	×	×	Acceptable at Stock Yard
Monocycle (play equipment)	Non-B	○	○	
Mops (mop with handle)	Non-B	○	○	
Motorcycles	—	×	×	to any dealer or designated take-back/recycling service window. (See p. 16)
Mulch (for kitchen garden)	Burn	○	○	Any mulch for agricultural use is not accepted. (Take it to JA or contact any waste disposal contractor.)
Music centre [SHA]	Non-B	○	○	Limited in size
Nail clippers	Non-B	○	○	
Nails	Non-B	○	○	Wrap them in a paper or cloth.
Needles	Non-B	○	○	Wrap them in a paper or cloth.
Newspapers	Paper	○	○	
Nursing bottles	Non-B	○	○	
Oil	—	×	×	to any waste disposal contractor
Oil (edible)	Burn	○	○	Oil should be hardened or absorbed into paper or cloth. Any liquid oil is not accepted. (Collection is also available at Sunday Recycle events: See P.11)
Oil bottles	Non-B	○	○	Clean ones go in "Bottle"
Oil cans (up to 18 liters)	Can	○	○	Rinse the inside lightly; Cans larger than 18 liters go in Non-burnable Garbage.
Oil heaters	—	×	×	Acceptable at Stock Yard
Oil papers (Wax papers)	Burn	○	○	
One-cup-sized glass alcoholic bottles	Bottle	○	○	
Organs	Non-B	○	○	Limited in size. Items that do not meet drop-off guidelines go to the salvage yard
Oven (household)	Non-B	○	○	Limited in size
Oven/range [SHA]	Non-B	○	○	
Ovens (microwave)	Non-B	○	○	
Overnight bags	Burn	○	○	Suitcases go in Non-burnable Garbage.
Paint (small amount)	Burn	○	○	Paint should be hardened or absorbed into paper or cloth. Liquid ones are not accepted. (to any waste disposal contractor.)
Paint cans (including 18-L can)	Non-B	○	○	Use up the contents completely before disposal.
Paint tubes (metal)	Non-B	○	○	Use up the contents completely before disposal.
Paint tubes (plastic)	Burn	○	○	Use up the contents completely before disposal.
Pans	Non-B	○	○	
Paper cups	Burn	○	○	
Parkas	Burn	○	○	
Pedometers [SHA]	Non-B	○	○	
Pencil sharpener machine	Non-B	○	○	Electronic items treated as small home appliances
Pencils	Burn	○	○	
Perambulator (Baby strollers)	Non-B	○	○	
Permanent marker	Non-B	○	○	
Personal computers (for home use) [SHA]	—	×	×	to the manufacturer for take-back (See p. 16) or Small Home Appliance Recycling (see page 12)
PET bottle caps	Pla	○	○	
PET bottle labels	Pla	○	○	Paper materials go in Burnable Garbage.
PET bottles	PET	○	○	Plastic bottles of beverage/alcohol/specific seasonings (such as soy sauce wine/vinegar)
Phone cards	Burn	○	○	
Phono-records	Non-B	○	○	
Photographs	Burn	○	○	
Pianos	—	×	×	to any waste disposal contractor.
Picture frames (wooden)	Burn	○	○	Limited in size; Non-wooden items go in Non-burnable garbage.
Pillow (non-plastic)	Burn	○	○	Plastic items go in Non-burnable Garbage.
Pipe beds	Non-B	○	○	Limited in size
Planters	Non-B	○	○	
Plastic construction kits	Non-B	○	○	
Plastic oil bottles	Burn	○	○	Clean ones go in "Pla".
Plastic tanks	Non-B	○	○	Ensure it is empty.
Pliers	Non-B	○	○	

Waste Management Facilities (Nagano City Recycle Center, Nagano Environmental Energy Center) → ○...Acceptable → ×...Not acceptable

Items	Classifications	Disposal site	Waste Facility	Remarks
Polyvinyl sheets (household)	Burn	○	○	Those for agricultural use are not accepted. (Take them to JA or contact any waste disposal contractor.)
Portable potty	Non-B	○	○	Remove human waste and wash.
Portable room heaters	Non-B	○	○	Limited in size; Remove kerosene and batteries.
Pottery	Non-B	○	○	
Power generators	—	×	×	To any waste disposal contractor
Printers [SHA]	Non-B	○	○	Empty the ink and return to store
Propane gas cylinders	—	×	×	To any waste disposal contractor
Propelling pencils	Non-B	○	○	
Pruned branches (up to 25 cm in diameter)	Yard	○	○	Limited in size
Pumps (for bath/washing) [SHA]	Non-B	○	○	
Rackets (wooden) (tennis and table tennis)	Burn	○	○	Fiberglass items go in Non-burnable Garbage.
Racks (wooden)	Burn	○	○	Limited in size
Radio [SHA]	Non-B	○	○	Remove batteries.
Radio-cassette recorders (including CD-mounted type) [SHA]	Non-B	○	○	Remove batteries.
Rain-gears (raincoats)	Burn	○	○	
Ramune (glass bottle)	Bottle	○	○	
Razors	Non-B	○	○	Wrap them in a paper or cloth.
Reed screen	Burn	○	○	Limited in size
Refrigerators	—	×	(○)	Acceptable with a Recycle Ticket purchased (fee-based) (See page 15)
Retort food pouches	Burn	○	○	Clean ones go in "Pla".
Retractable knives	Non-B	○	○	
Rice bran	Burn	○	○	
Rice cake makers [SHA]	Non-B	○	○	Limited in size
Rocking chairs (wooden)	Burn	○	○	Limited in size; Other materials including metal go in Non-burnable Garbage.
Roller skates	Non-B	○	○	
Roof careers (for vehicles)	Non-B	×	○	Limited in size
Roof tiles	—	×	×	Acceptable at Stock Yard
Ropes	Burn	○	○	
Ropes (non-metal)	Burn	○	○	
Roulette (toy)	Non-B	○	○	
Rubber bands	Burn	○	○	
Rubber gloves	Burn	○	○	
Rubber mats	Burn	○	○	
Rucksacks	Burn	○	○	
Rugs	Burn	○	○	Fold and tie a string around them.
Rush mats	Burn	○	○	Limited in size
Safe boxes (handy)	Non-B	○	○	Fireproof safe boxes will be accepted at Stock Yard.
Sandals	Burn	○	○	
Sauce ladle (non-wooden)	Non-B	○	○	Wooden items go in Burnable Garbage.
Saws	Non-B	○	○	
Scales (materials other than cast metal)	Non-B	○	○	
Scales (bathroom scales)	Non-B	○	○	Electric-powered/electronic items treated as [SHA]
Scanners [SHA]	Non-B	○	○	
Scissors	Non-B	○	○	
Scooters	—	×	×	to any dealer or designated take-back/recycling service window. (See p. 16)
Scourers (non-botanical)	Non-B	○	○	Botanical ones go in Burnable Garbage.
Seedling pots	Pla	○	○	Rinse the inside.
Sewing machines (electric) [SHA]	Non-B	○	○	
Sewing machines (pedal)	Non-B	×	○	
Shavers	Non-B	○	○	
Shells	Burn	○	○	
Shoes (cloth, leather, rubber, and spike)	Burn	○	○	
Shoes (skating and skiing)	Non-B	○	○	
Shovels	Non-B	○	○	
Sickles	Non-B	○	○	
Skating boots	Non-B	○	○	
Ski boots	Non-B	○	○	
Skis	Non-B	○	○	
Slate	—	×	×	Waste management facilities

# Garbage Classification Index

Disposal site → ○...Acceptable → (As for Togakushi, Kinasa, Ooka, Shinshu Shinmachi, and Nakajo districts, yard garbage should be taken to Sunday Recycle events)  
 ×...Not acceptable

Items	Classifications	Disposal site	Waste Facility	Remarks
Sleds (plastic)	Non-B	○	○	
Sleeping-bags	Burn	○	○	
Smart phones [SHA]	Non-B	○	○	Delete personal data. Return to the store of purchase when possible
Snowboards	Non-B	○	○	
Snow-plough (non-wooden)	Non-B	○	○	Wooden items go in Burnable Garbage.
Sofas (spring cushion type)	—	×	×	For any mattress separated into spring and cover, each part will be accepted for drop-off at the Center. Refer to page 14 for how to throw away as is.
Sofas (spring-free metal framed type)	Non-B	○	○	Limited in size
Sofas (spring-free non-metal framed type)	Burn	○	○	Limited in size
Soil	—	×	×	to any waste disposal contractor.
Speakers	Non-B	○	○	Limited in size. Mechanical portion of wooden speakers treated as [SHA]
Spectacles for the aged.	Non-B	○	○	
Sphygmomanometer (household)	Non-B	○	○	Electric/ battery-powered items treated as small home appliances. Contact the Living Environment Management Section (224-7635) about items containing mercury
Sprayer (electric - manual)	Non-B	○	○	Limited in size. Electronic items treated as [SHA]
Sprayer (engine-driven)	—	×	×	Acceptable at Stock Yard
Square cushions	Burn	○	○	
Stamps (non-wooden)	Non-B	○	○	Wooden items go in Burnable Garbage.
Steel furniture	Non-B	○	○	Limited in size
Steel wheels (for vehicles)	Non-B	×	○	
Stepladders (aluminum)	Non-B	○	○	Limited in size
Stepladders (iron)	Non-B	×	○	Limited in size
Stereo [SHA]	Non-B	○	○	Limited in size
Stocker (freezer)	—	×	(○)	Acceptable with a Recycle Ticket purchased (fee-based) (See page 15)
Stone weights for making pickles	—	×	×	Acceptable at Stock Yard. Natural stone is not accepted.
Stones	—	×	×	to any waste disposal contractor.
Stoves	Non-B	○	○	Limited in size; Remove kerosene and batteries.
Straw	Burn	○	○	
Straw mats (Incl. polyvinyl ones)	Burn	○	○	
Studded shoes	Burn	○	○	
Stuffed toys	Burn	○	○	
Suitcases	Non-B	○	○	
Sunglasses	Non-B	○	○	
Suspension spring (for vehicles)	Non-B	×	○	
Table wares (non-wooden)	Non-B	○	○	Wooden items go in Burnable Garbage.
Table-top stoves	Non-B	○	○	Remove batteries and cylinders.
Tablets [SHA]	Non-B	○	○	Delete personal data
Tatami mats	Burn	×	○	
Tea boxes (no lining.)	Burn	○	○	Those with aluminum liner coated inside should be disposed as Non-burnable Garbage in such manner that the inside is visible.
Tea canisters (steel)	Can	○	○	
Teacups	Non-B	○	○	
Telephones [SHA]	Non-B	○	○	
Televisions (cathode ray tube/ liquid crystal/plasma TVs)	—	×	(○)	Acceptable with a Recycle Ticket purchased (fee-based) (See page 15)
Tennis balls	Burn	○	○	
Thermometers	Non-B	○	○	Contact the Living Environment Management Section (224-7635) about items containing mercury
Thick papers	Paper	○	○	as "Other old papers"
Tinplate	Non-B	○	○	Limited in size
Tire chains (metal)	Non-B	×	○	
Tire chains (non-metal)	Non-B	○	○	
Tires (bicycles /monocycle)	Non-B	○	○	Only rubber goes in Burnable Garbage
Tires (car /motorcycle, etc.)	—	×	×	Acceptable at Stock Yard
Toaster oven [SHA]	Non-B	○	○	
Toasters [SHA]	Non-B	○	○	
Toilet bowls (ceramic)	Non-B	○	○	Remove human waste and wash.
Toilet seats (including units with a hot-water bidet)	Non-B	○	○	Remove human waste and wash.

Waste Management Facilities (Nagano City Recycle Center / Nagano Environmental Energy Center) → ○...Acceptable  
 ×...Not acceptable

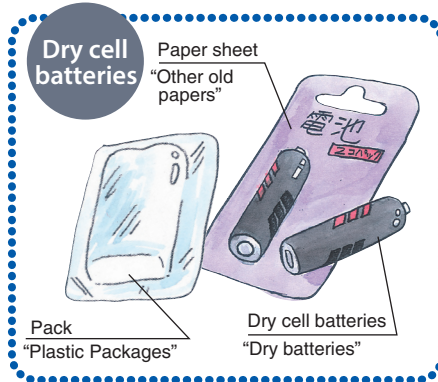
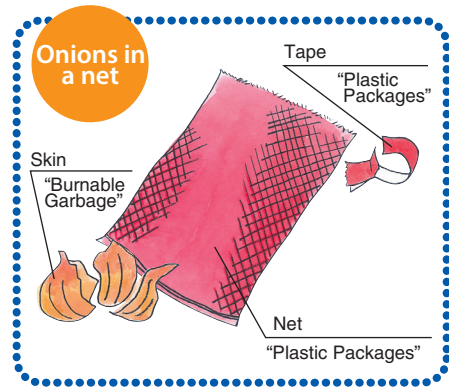
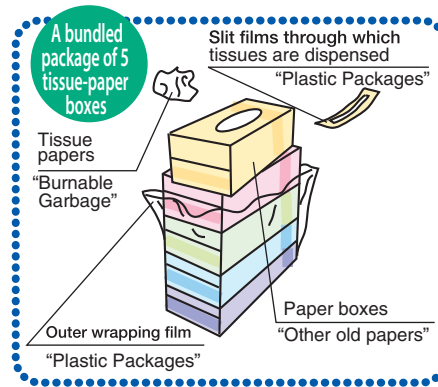
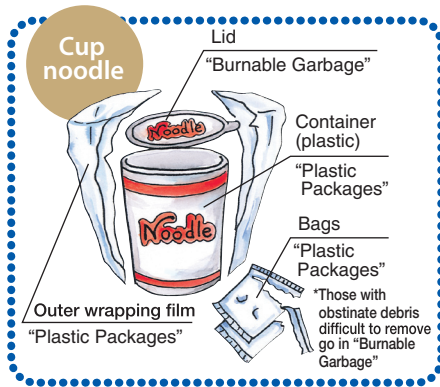
Items	Classifications	Disposal site	Waste Facility	Remarks
Toothbrushes	Non-B	○	○	
Toothpaste tubes (non metal)	Burn	○	○	Metal ones go in Non-burnable Garbage. Plastic caps go in "Pla".
Towels	Burn	○	○	
Toys	Non-B	○	○	Remove batteries. Wooden/cloth toys go in Burnable Garbage. Electric-powered/electronic items treated as small home appliances
Trays (styrofoam food tray)	Pla	○	○	Those with obstinate debris not removed go in Burnable Garbage.
Trimmed limbs (up to 25 cm in diameter)	Yard	○	○	Limited in size
Trumpets	Non-B	○	○	
T-shirts	Burn	○	○	
Tubs (non-wooden)	Non-B	○	○	Wooden items go in Burnable Garbage.
Twigs (up to 25 cm in diameter)	Yard	○	○	Limited in size
Umbrellas	Non-B	○	○	
Underwater Pumps	—	×	×	Acceptable at Stock Yard
Vacuum bottles (vacuum flasks)	Non-B	○	○	Electric items treated as [SHA]
Vacuum cleaners [SHA]	Non-B	○	○	
Vases	Non-B	○	○	
VCRs (video cartridge recorders) [SHA]	Non-B	○	○	
Vices	Non-B	×	○	Limited in size
Video cameras [SHA]	Non-B	○	○	
Videotapes	Burn	○	○	Causing the crusher to get clogged, cassette tapes together with cases go in "Burn".
Vises	Non-B	×	○	Limited in size
Waist belts	Burn	○	○	
Walkers (for baby)	Non-B	○	○	
Walkers (manual)	Non-B	○	○	
Walkie talkie (small size) [SHA]	Non-B	○	○	
Wardrobe	Burn	○	○	Limited in size
Warm carpets	Burn	○	○	Fold & tie a string around it. Power cords go in Non-burnable Garbage. Only mechanical part treated as [SHA]
Washbowls	Non-B	○	○	
Water coolers	Non-B	×	(○)	Those with fluorocarbon (CFC) go to waste management facilities
Water heaters	Non-B	○	○	Limited in size; Remove batteries
Water purifiers	Non-B	○	○	
Water tank	Non-B	○	○	Limited in size
Watering cans	Non-B	○	○	
Wheel covers (for vehicles)	Non-B	○	○	
Wheelbarrows (home use only)	Non-B	×	○	Limited in size
Wheelchairs (electric)	—	×	×	Acceptable at Stock Yard
Wheelchairs (manual)	Non-B	○	○	
Wheels (for vehicles)	Non-B	×	○	
Window shades	Non-B	○	○	Limited in size
Wipers	Non-B	○	○	
Wire cables	Non-B	×	○	
Wires	Non-B	○	○	
Wooden sword (Bamboo sword)	Burn	○	○	
Word-processors [SHA]	Non-B	○	○	
Wrap (for home-use)	Burn	○	○	
Wrap (those wrapped around a product)	Pla	○	○	Those with obstinate debris not removed go in Burnable Garbage.
Wrenches	Non-B	○	○	
Wristwatch	Non-B	○	○	Small battery-powered items treated as small home appliances
Yard trimmings (up to 25 cm in diameter)	Yard	○	○	Limited in size

Some items are made of different materials depending on the manufacturers or types. Note that even the same items may be sorted into different categories depending on the materials.

Contact the Nagano City Recycle Center (☎ 026-221-5316) or the Living Environment Management Section (☎ 026-224-7635/026-224-5035) if you are unsure about separation.

Garbage Classification Index

## Examples of separation



Please note that even if items are the same type of item, they may be separated differently based on their materials.

### Go to Recycle Plaza

Furniture, bicycles, daily goods, and other items at home that you do not use anymore but are still in good condition... Before you throw them out, contact Recycle Plaza (see the Guide Map on page 14)

#### Recycle Hiroba (Recycling of items no longer needed)

Accepts items that are still usable for free and provides them to those who are interested  
\*May not accept certain items based on their condition.

Furniture (chest, cupboards, sideboards, 2-tier bunks, etc.)  
Commodities (tableware, towels, soaps, etc.)  
Clothing (clothes, kimono, shoes, belts, bags, etc.)  
Books (independent books, pocket editions, picture book, etc.)  
Other (bicycles, sporting goods, instruments, toys, etc.)

After inspection and repair, they are put out in the following sections for those who are interested:  
Free to take, Raffle goods, Goods for sale

#### Rainbow Hiroba (Redistributing of items no longer needed)

Records the information of people who are offering items or looking for items and redistributes those items. Temporarily posts the information in the Kurashi-no-Channel section of Koho Nagano.

Furniture (chest, cupboards, sideboards, desks, dressing tables, etc.)  
Electric appliances (refrigerator, televisions, laundry washing machines, fan heaters, etc.)  
Nursery items/Toys (baby beds, slide, etc.)  
Sport/leisure items (health appliances, outdoor goods, etc.)  
Instruments (electric organs, pianos, organs, guitars, etc.)

Call Recycle Plaza to register what you are looking for/offering

Once there is a match, the person who wants it will contact the provider directly

#### Flea Markets

Held regularly.  
Apply at Recycle Plaza.

#### Inquiries/Applications to Recycle Plaza

Recycle Plaza ☎ 026-222-3196  
Reception hours: 9:00 to 21:00 Closed: Dec. 29 through Jan. 3  
Address: 2-26-7 Matsuoka, Nagano (next to Sunmarine Nagano)

#### Contact

**Nagano City Hall Living Environment Management Section**

URL: <http://www.city.nagano.nagano.jp>

TEL: 026-224-7635

026-224-5035

FAX: 026-224-8909



Nagano City Website



Revised March 2019  
環境にやさしい大豆油墨を使用しています。再生紙を使用しています。