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# things to recycle or THROW AWAY

01. Clothes that are worn beyond repair
02. Owner's manuals to things you no longer own
03. Socks with holes in the toes
04. Outdated magazines and newspapers
05. Moth-eaten coats
06. Swimsuits that no longer fit
07. Empty printer ink cartridges
08. Puzzles that are missing pieces
09. Lids to containers that melted in the dishwasher
10. Expired coupons
11. Cans of spray paint that won't spray
12. Dried up markers
13. Charging cords for devices you no longer own
14. Gifts that do not match your style
15. Outdated calendars
16. Stuffed animals that have lost their stuffing
17. Board games that are missing pieces
18. Medications that are beyond their expiration date
19. Excessive numbers of empty margarin tubs
20. Invitations to events that have since past
21. Ball point pens that no longer write
22. Bottles of nail polish too thick to paint on smoothly
23. Old duplicates of things you've replaced (but saved "just in case")
24. Return address labels for a house you no longer live in
25. Your children's old schoolwork (keep a sample)
26. Dead, non-rechargeable batteries
27. Tubes of lipstick in shades you detest
28. Old art or science projects that are just taking up space
29. Combs or brushes that are missing teeth
30. Anything molding in the back of your fridge
31. Old greeting cards you've received in the mail
32. Nylon stockings with runs in them
33. Incomplete decks of cards
34. Cups or food storage containers that leak
35. Shape-wear that has lost its elasticity
36. Tubes of paint that are all dried up
37. Broken crayons
38. Toothbrushes you used for more than a year
39. Make-up you never wear
40. Perfume or lotion with a scent you dislike
41. Canned goods that are dented or bulging
42. Hair elastics that are stretched out or worn thin
43. Spices that have lost their color or flavor
44. Expired licenses or membership cards
45. Yarn that's become hopelessly tangled
46. Linens that are stained or mildewed
47. Can openers that don't work properly
48. Tattered underwear
49. Junk mail
50. Stale bread

