



Waste Reduction in Puerto Rico

*A free local resource guide for
eco-conscious living*



REDUCE

rethink, refuse, reuse,
repair, repurpose

BEST



RECYCLE & COMPOST



BETTER

RESPONSIBLE DISPOSAL



GOOD



We have created this GUIDE in English & Spanish to help all of us make more eco-conscious choices in our consumption and disposal habits while supporting the local and circular economy. Each one of us has the power to create change by taking charge in our homes, at our workplaces, and in our communities.

Every Action Counts!

To access the full directories of providers in each category, simply click the symbol.

LINKS TO FULL
DIRECTORIES IN
CERTAIN
CATEGORIES

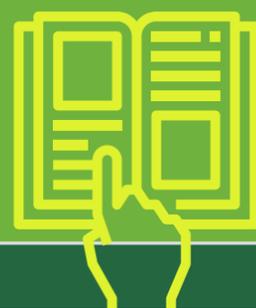


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LimPiaR is a nonprofit organization 501 c3 US and 1101.01 PR
All donations are tax-deductible.

ABOUT LIMPIAR

We are a nonprofit organization based in Puerto Rico that started in 2018 as a call to action due to the improper waste management seen across various coastal ecosystems in Puerto Rico.

Our **MISSION** is to advance practices for waste reduction and raise ecological awareness through education.

Our **VISION** is a cleaner and greener Puerto Rico where citizens are actively engaged in recycling, composting and gardening, and communities thrive with sustainable systems.

We work towards our mission and vision with four key initiatives: our community recycling program, our coastal cleanups, our ecological education program, and a public awareness campaign in collaboration with the San Juan Bay Estuary Program (“Deja una Huella Limpia en Piñones”).

JOIN US!

We hope this GUIDE inspires you to TAKE ACTION!



LimPiaR's Recycling Partner, IFCO Recycling Inc.



info@limpiar.org
limpiar.org



Step 1: Reduce



Only buy products you need. Buy long-lasting products with minimal or no packaging to minimize the trash you generate. Think twice before putting an item in the trash.

Reuse, find another use for it, donate, sell, or repair. Buy second-hand items.

rethink | refuse | reuse | repair | repurpose

rethink

SAVE ENERGY

- Switch your bulbs to LED, which use 75% less energy.
- Turn off lights, fans & appliances when you leave a room.
- Set your air conditioning to 78F / 26C or higher.
- Consider getting a solar hot water heater.
- Look for appliances with the **Energy Star** certification.
- Use Rechargeable Batteries.

LAUNDRY

- Wash on shorter cycles, with cool or warm water & use eco-safe detergents
- Replace dryer sheets with reusable dryer balls
- Dry clothes on a line or drying rack -- enjoy the fresh scents of wind and sun.

GO PAPERLESS!

- Sign up for paperless billing for your monthly bills.
- Use the inkless side of mail, envelopes or documents for scrap paper for notes.
- Read books, magazines and newspapers digitally.

TRANSPORTATION

- Walk (exercise!), or use public transportation, bike, or carpool / rideshare.
- Consider buying an electric bike or car.

CITIZEN ACTION

- Pick up trash around your home & business. Keep your places litter-free.
- Organize a recycling program in your neighborhood, in your building or at your work or school. Limpiar can help! Email us at info@limpiar.org
- Organize a public park or beach cleanup day with friends, family and co-workers. We can help! Email us at info@limpiar.org.



Coastal cleanup with LimPiaR

CONSCIOUS SHOPPING

- **Bring reusable bags** with you when you shop. Keep them in your trunk so they are always on hand. Or get a compact bag that you can have on your keychain. If you forget to bring your reusable bags, you can bring the items you buy in the cart back to your car.
- **Shop Bulk** (unperishable food items)
- **Shop Green** (eco-friendly)
- **Shop Small** (perishable food items) & packageless.
- **Shop Locally** | Support Local Businesses & Entrepreneurs. Buying imported products contributes to global warming and affects food security.
- Only buy what you need and avoid plastic wraps whenever possible.
- Washing fruits and veggies before consuming or cooking is healthier and environmentally-friendlier than buying plastic-wrapped produce.



Por Onza



Tara Tienda a Granel



La Isla

SHOP BULK (unperishable food items)

FreshMart -- [Instagram](#) | [Facebook](#)

- Hato Rey | 787-282-9108 | 201 C. Juan Calaf, San Juan
- Condado | 787-999-7800 | 1310 Ashford Ave, San Juan
- Guaynabo Garden Hill Plaza | 787-622-7800 | 1353 Carr 19 km 1, Guaynabo
- Guaynabo Plazoleta | 787-620-7800 | Plazoleta 169 Carr #169 km 4.5 Barrio, Frailes
- Carolina | 787-762-7800 | Carolina Commercial Park, PR-887, Carolina
- Caguas | 787-905-7800 | E-9 Av. Luis Muñoz Marín, Caguas

La Isla | 787-307-7944 | 909 Av Fernandez Juncos, San Juan | [Instagram](#) | [Facebook](#)

Por Onza | 939-777-4898 | Plaza Del Mercado, #16 | Cabo Rojo | [Instagram](#) | [Facebook](#)

Tara Tienda A Granel | 787-223-7835 | Plaza del Mercado #12 | Caguas | [Instagram](#) | [Facebook](#)



SHOP LOCALLY

The best way to support LOCAL BUSINESSES is to buy directly from them

Guayabas Puerto Rico | (939) 652-8446 | a directory of many local businesses | [Instagram](#) | [Facebook](#)

Hecho en Puerto Rico | (787) 753-8484 | a directory of local businesses that obtained their certification | [Instagram](#) | [Facebook](#)



EcoTienda La Chiwi



La Banasta



Vital



Tertulias con Julia

SHOP GREEN (eco-friendly)

Buy reusable items (see more information in REUSE). If buying reusable items is not an option, then try to buy compostable ones that are BPI certified.

It is also important to buy environmentally-friendly products from companies that take care of their workers & suppliers. Whenever possible, buy products from companies that certify that their suppliers and workers have fair compensation and clean & safe working conditions.

Local stores / marketplaces / brands that sell environmentally-friendly products:

Echo Verde | 787-756-8163 | 110 Montemar Plaza 1-C, San Juan | Online Marketplace | [Instagram](#) | [Facebook](#)

EcoTienda La Chiwi (La Chiwinha) | 787-925-0707 | Online | [Instagram](#) | [Facebook](#)

Ecoquí Green Store | Online | [Instagram](#) | [Facebook](#)

La Banasta | 787-432-2287 | Online marketplace | [Instagram](#) | [Facebook](#)

Vital | 646-963-3531 | Online marketplace | [Instagram](#) | [Facebook](#)

Puerto Rico-based green products makers:

Ecoprints sells compostable ID cards & other custom-made products. | [Instagram](#) | [Facebook](#)

MUMAS sell underwear made from (compostable) bamboo fabric. They also train and give jobs to disadvantaged women. | [Instagram](#) | [Facebook](#)

El baile de las abejas sell reusable ecofriendly wraps for food or containers. | [Instagram](#) | [Facebook](#)

MIKOKOS | Plastic-free personal care products like shampoo and conditioner bars. | [Instagram](#) | [Facebook](#)

Solid Hair Care | Plastic-free personal care products like shampoo and conditioner bars. | [Instagram](#) | [Facebook](#)



Ecoprints



Solid Hair Care



MUMAS



MIKOKOS



El Baile de las Abejas



TAIS



PAC
(Proyecto Agroecológico
Campeño).



Mercado de la
Cooperativa Orgánica
Madre Tierra

SUPPORT LOCAL AGRICULTURE

The best way to support local farmers is to buy produce directly from them.

FOR A DIRECTORY
OF LOCAL
FARMERS,
&
PRODUCERS



Click [HERE](#)

You can also buy local produce at marketplaces, but keep in mind that marketplaces keep a commission for each item sold and not all the money goes to the local farmer.

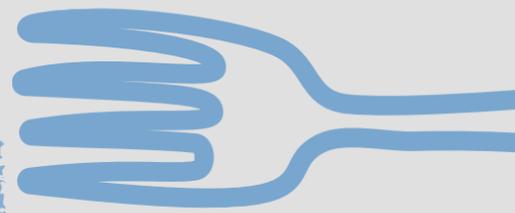
CONSCIOUS GARDENING

- START a HUERTO – Grow your own herbs, fruits & vegetables. You can even do this on a terrace or balcony in pots. For workshops, click [HERE](#).
- START A COMMUNITY GARDEN – Find a plot, organize a group and start a community garden. For more on HOW click [HERE](#).
- Instead of chemical fertilizers, USE COMPOST. See MAKE COMPOST (below)
- Instead of chemical weed killer, use 1 cup of salt, 1 teaspoon of dishwashing liquid and 1 gallon of vinegar. Spray on weeds.
- Plant native species in your tropical garden, ALWAYS avoid invasive species.
- Consider installing a rain barrel to capture rainwater. Use this water to water plants instead of city water.
- Instead of chemical pesticides, use a mixture of dishsoap and water or rubbing alcohol and water in a spray bottle or Neem Oil Spray.

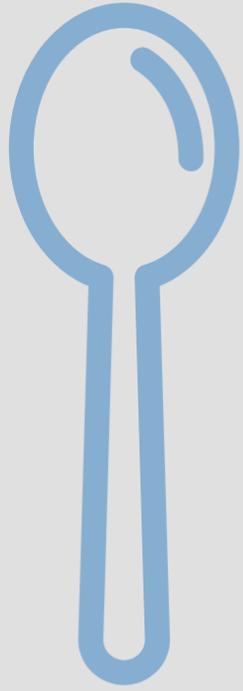


LimPiaR Gardening Workshop at
PAYE (Piñones Aprende Y Emprende)

refuse



- Say NO to plastic utensils and straws from restaurants and TELL THEM WHY: "These single-use plastics are NOT recyclable and take hundreds of years to decompose! Please stop using them or I'll stop coming here."
- Put a note on all your food delivery orders: NO PLASTIC STRAWS OR UTENSILS PLEASE!
- Say NO to plastic shopping bags – bring your own. Keep them in your trunk so they are always on hand.
- Say NO to artificial weedkillers, fertilizers & pesticides – use organic or make your own.
- Patronize restaurants that buy from local farms and suppliers, compost and use reusable materials or compostable materials, recycle and keep the area around them clean.



LOOK for signage of the campaign DEJA UNA HUELLA LIMPIA EN PIÑONES at participating restaurants -- our effort to help businesses become more eco-conscious.



reuse

HOME & PERSONAL CARE

- Don't buy more plastic water bottles which cost money and can last in the environment for hundreds of years. Some plastic releases phthalates and PFAS with negative effects to human health.
- Glass jars and bottles make excellent storage containers.
- Re-use wrapping paper or gift bags. Or wrap a gift in a fabric or a dishtowel as part of the gift.
- Use washable cloth napkins, sponges, and dish cloths.
- Purchase refillable items.
- Use reusable cloth menstrual pads, liners, and panties and/or reusable menstrual discs and cups. They can last up to 10 years. Disposable pads & tampons take 500-800 years to decompose.
- Use reusable cloth diapers for your baby, toddler, child or adult with special needs. These too can last decades if used and washed correctly.





FOR A
DIRECTORY OF
GREEN
MENSTRUAL
PRODUCTS &
DIAPERS



[Click HERE](#)



Happy Lola By: Kei



Retazos by Michelle



Lina's Workshop



Pinky Sewing Pads

Perhaps you have items that you no longer need or want.
Donating or selling these items will divert them from a landfill.

DONATE OR SELL & BUY USED CLOTHING & HOME GOODS

FOR A DIRECTORY OF
PLACES WHO ACCEPT
DONATIONS &
CONSIGNMENTS
FOR CLOTHING &/OR
HOME GOODS



[Click HERE](#)



Ágape



Electroshock



Cosas de Ayer y Hoy.



The Pickup PLACE Consignment



BP's Online Thriftshop PR



Primavera Found & Collected



The Vintfresh Market

DONATE OR BUY USED BOOKS

Agapé Tiendita Solidaria y Café | Gallery Plaza, Marginal Jardines de Arecibo, Carr. #2 B, Local #2, Arecibo, 00612 | (787) 361-5900 | [Instagram](#) | [Facebook](#)

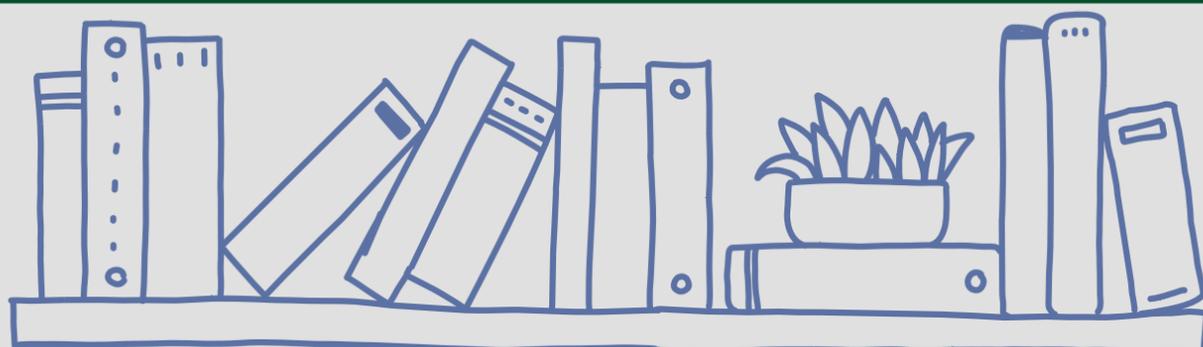
El Book Stop | 2105 calle Topacio, San Juan, PR | (787) 502-5301 [Instagram](#) | [Facebook](#)

Reading Room at La Goyco | 1763 Calle Loíza, San Juan, PR | [Instagram](#) | [Facebook](#)

Book Tent at Roosevelt Sunday Farmer's Market Cooperativa Organica Madre Tierra | Placita Roosevelt, Urb. Roosevelt, Hato Rey | (787) 200-8580 | [Instagram](#) | [Facebook](#)

San Juan Community Library | 2105 calle Topacio, San Juan, PR | (787) 789-4600 | [Instagram](#) | [Facebook](#)

Libros Libres | [Facebook](#)



DONATE FOOD - UNOPENED & UNEXPIRED

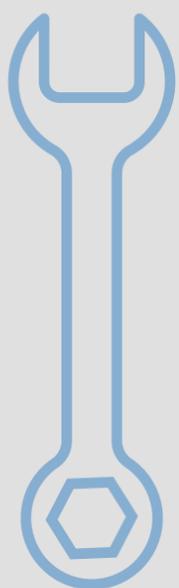
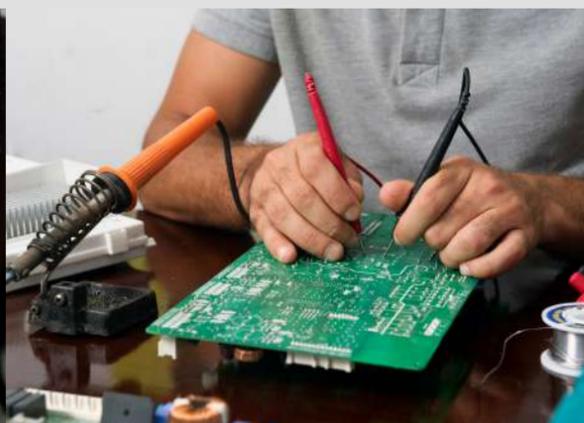
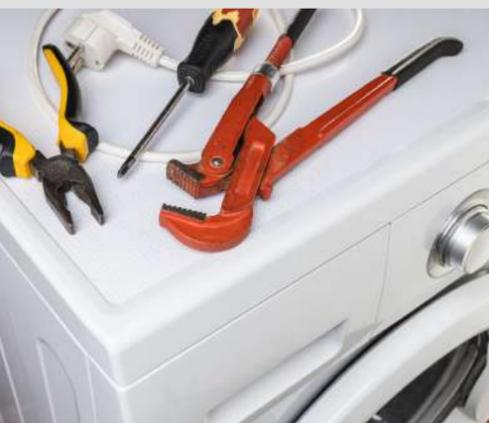
Banco de alimentos de Puerto Rico | Urb. Country Club Industrial Park C/272 IC4 Carolina, PR | 787-740-3663 | [Instagram](#) | [Facebook](#)

Comedores sociales | 787-329-7479 | [Instagram](#) | [Facebook](#)

Salvation Army | 1679 Avenida Juan Ponce de León, San Juan | (787) 919-0701

United Way PR | Calle Marginal Los Ángeles, Esq., Sagrado Corazón, Pda. 26 1/2 | Santurce | (787) 728-8500 | (787) 728-7099 | [Instagram](#) | [Facebook](#)

repair



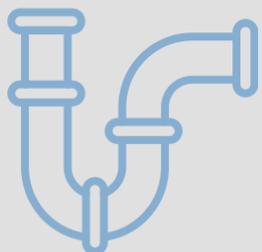
Almost ANYTHING can be repaired. Again just type REPAIR and the name of the item into your browser and VOILA!

Here are a few tips:

- Check the air in your tires once a month. Incorrect tire pressure contributes to pollution and increased fuel consumption.
- Care for our water system. Remember flushing medications and chemicals end up in our drinking water.

SLOW DRAIN?

Try ½ cup of baking soda, followed by 1 cup of white vinegar, followed by boiling water. Repeat if necessary.



SOME REPAIR PLACES IN PUERTO RICO

JEWELRY & WATCHES – Kiosks in every mall. There is one that specializes in repairs in San Patricio Mall near Ofi-Arte.

APPLIANCES

Piezas Rush helps homeowners extend the life of their home appliances by giving them access to a quick and reliable way to find repair parts and service, accessories and appliance cleaners. | [Instagram](#) | [Facebook](#)

BICYCLES

Bike Stop Puerto Rico | Av. Andalucía #513, San Juan | (787) 782-2282 | [Instagram](#) | [Facebook](#)

CLOTHING / TAILOR

Sastrería Herán | 633 Calle Andalucía | San Juan | (787) 707-0101
Magic Mix Atelier | [Instagram](#) | [Facebook](#)

SHOES / BAGS

El Dr. de los Zapatos | Santa Rosa Mall, Calle 1 Av. Aguas Buenas, Bayamón | (787) 787-3410 | [Instagram](#) | [Facebook](#)
Zapatería Heel Quick | 337 Av. Cayetano Coll y Toste, San Juan | (787) 751-4513

ELECTRONICS

Best Seller Repair | 15 Cll Acuarela, Guaynabo | (787) 599-5815 | [Instagram](#) | [Facebook](#)

Fixit Repair | Urb. San Francisco, Ave. de Diego #2, San Juan | (787) 925-1273 | [Instagram](#) | [Facebook](#)

The Fix Puerto Rico | Mall of San Juan, 1000 Mall of San Juan Boulevard, San Juan

RUGS

Aladino Oriental Rugs | 694 Calle B Urb. Industrial Mario Julia | (787) 783-1900

repurpose



UPCYCLE | ADAPT | REINVENT | GET CREATIVE

There are as many ways to repurpose items in your home. Simply go to your favorite search engine and type:

REPURPOSE + the name of the item and you will find a million and one ideas.

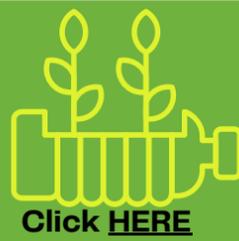
EXAMPLE: Repurpose + old ladder

We found ideas for: book shelves, a blanket hanger, plant stands, lantern chandelier, drying rack and MORE!

There are also AMAZING instagram, Pinterest and TikTok profiles you can follow for ideas. Just search for the above words and the items you want to upcycle. HAVE FUN!

PLACES IN PUERTO RICO THAT REPURPOSE

FOR A DIRECTORY OF BUSINESSES THAT REPURPOSE IN PUERTO RICO



Iona Muñiz



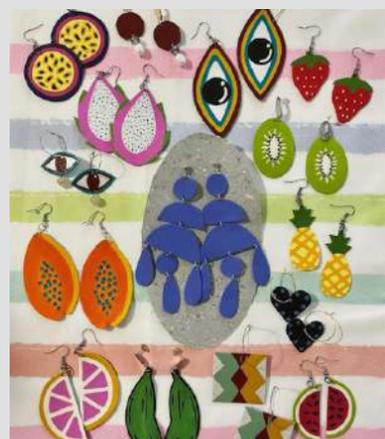
MAC Studios



Tertulias con Julia



Ecorriqueñas



Papelería Natura



Materia Madura
(picture on right by Rum & Cider)



Primavera

Step 2: Recycle

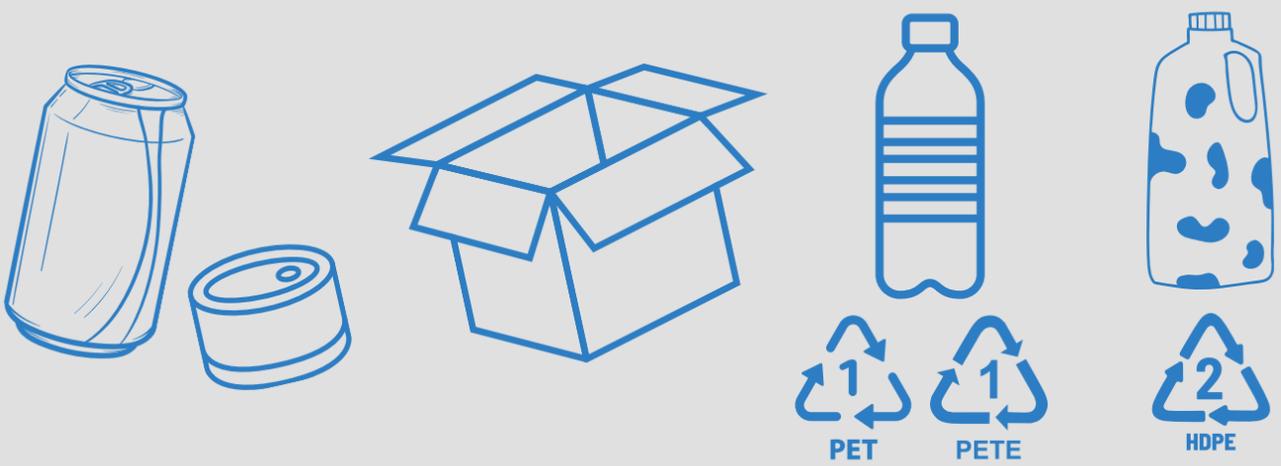
For the BASICS of Recycling, you can visit the EPA's [Recycling 101](#).

Make sure that the items you put in the Recycling container are **RECYCLABLE** in Puerto Rico.

CLEAN it and **DRY** it **BEFORE** you **BRING** it.

RECYCLING IN PUERTO RICO

- PLEASE CONTACT organizations first to confirm what and when they accept the recyclables, if there is a fee, or if they pay for items.
- Items that are collected in Puerto Rico by most recycling organizations that do curbside or building pickups are:
 - **aluminum cans**
 - **non-laminated paper,**
 - **non-laminated corrugated cardboard,**
 - **plastics #1** (PET or PETE),
 - **plastics #2** (HDPE)



- Look for the numbers **1** and **2** in the triangle at the bottom of plastic containers.
 - Some recyclers like Reciclaje del Norte and IFCO also take plastics #5 (PP).
 - Please CONTACT them to make sure they still do.
- CLEAN it and DRY it BEFORE you BRING it – for ALL recyclables, make sure to rinse and dry them or scrape them to remove any food, oil, or organic residue.
- Please, DO NOT add items that are dirty or wet to the recycling container because they might contaminate the other items that are recyclable and they could all end up in the landfill.
- Labels, tapes, stickers, or other materials should be removed from the items that are recyclable.
- Items that are NOT recyclable and that are added to the recycling container are discarded and taken to the landfill.
- Click [HERE](#) for an [INTERACTIVE MAP](#) of WHERE TO RECYCLE from [Puerto Rico Science, Technology & Research Trust](#) in Collaboration with [Generación Circular](#).
- See our grids in the following pages to know which organizations recycle the different materials that are RECYCLABLE in PUERTO RICO, including materials that are not collected by organizations that do curbside or building pickups.



Step 2: Recycle



FOR A FULL DIRECTORY OF RECYCLING ORGANIZATIONS HOURS & CONTACT INFO



Click [HERE](#)

Where to recycle in PR

Click Organization Name for Contact & Hours	Aluminum	Appliances	Batteries & Bulbs	Building Supplies	Electronics / E-Waste	Food Waste	Glass	Yard Trimmings	Metal & Motors	Motor Oil	Paper / Corrugated Cardboard	Plastic*	Textiles	Tires	Used Cooking Oil	Wood
26 Metal Recycling	X		X						X							
Asset Shelf				X												X
Barreto Best Blocks							X									
Batteries Plus Bulbs			X													
Best Buy		X			X											
Bloques Caribe							X									
ConWaste	X										X	X				
E-cycling International			X		X											
Edelcar Inc.															X	
Fábrica de bloques La Pino							X									
IFCO	X				X				X		X	X				

*Please, contact each Organization to learn which plastics they recycle.

Step 2: Recycle



FOR A FULL DIRECTORY OF RECYCLING ORGANIZATIONS HOURS & CONTACT INFO



Click [HERE](#)

Click Company/NGO Name for Contact & Hours	Aluminum	Appliances	Batteries	Building Supplies	Electronics / E-Waste	Food Waste	Glass	Yard Trimmings	Metal	Motor Oil	Paper / Corrugated Cardboard	Plastic*	Textiles	Tires	Used Cooking Oil	Wood
Interstate All Batteries Ctr.			X													
Isla Nena Composta						X		X								
JJW Metal Corp									X							
JA Oil Recycling															X	
La Goyco							X									
LimPiaR	X											X				
NovaTerra					X											
Olein Refinery Corp										X						
PR Textile Recycling													X			
Puerto Rico Composta						X		X								
Reciclaje del Norte					X		X				X	X				
Sun Waste Recycling Oil															X	
TAIS						X		X								
True Waste Oil Recycling															X	
Vivo Recycling								X								

*Please, contact each Organization to learn which plastics they recycle.

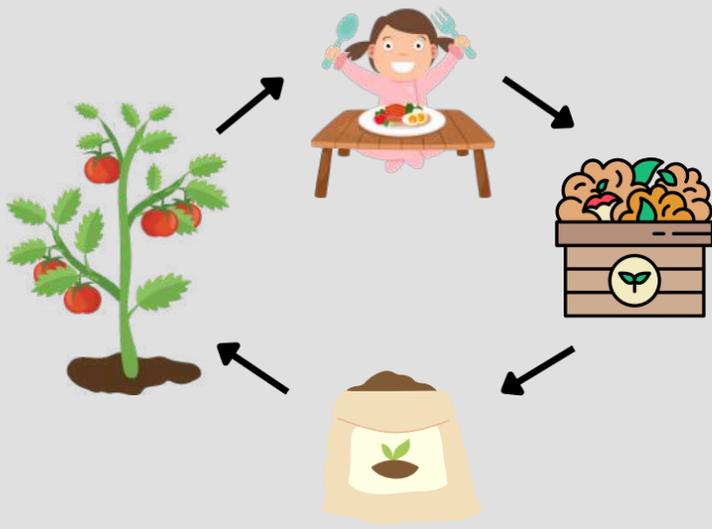
If you know of a recycling service not listed in these grids, please contact us via [this form](#).

Step 2: Make compost



Separate your **ORGANIC WASTE** -- egg shells, fruit and vegetable peels, garden trimmings, and coffee grounds -- for **COMPOST**.

Composting improves the health of soil by improving nutrient content and moisture retention on the topsoil. Compost also reduces the need for artificial fertilizers and pesticides that may have negative effects on the environment and on human health.



From LimPiaR's Ecological Education Curriculum

How Composting Works:

Composting is the process in which we imitate nature in its nutrient recycling. It consists of the decomposition of organic matter in a controlled way to return nutrients and matter to the soil and be able to grow more food.

COMPOSTING RESOURCES IN PUERTO RICO

Puerto Rico Composta | Calle Mario Brashi Esquina Baldorioty Local A, Naguabo | (787) 655-7202 | TU-SA, 9-12 | [Instagram](#) | [Facebook](#)

TAIS | 521 Sagrado Corazón, Santurce | (787) 982-2233 | M-F, 8-5 | [Instagram](#) | [Facebook](#)

VIVO Recycling | 7X78+3VP, Barrio Bairoa, Caguas | (787) 258-1870 | M-F, 7-2 | [Instagram](#) | [Facebook](#)

Isla Nena Composta | Federal Wildlife Refuge, Puerto Ferro, Vieques | (787) 309-8408 | M-F, 8-3 | [Instagram](#) | [Facebook](#)



TAIS

Isla Nena Composta

Instead of cremation or burial, consider a green burial for loved ones and cherished pets. You can even write this into your will.

For green burials for animals and pets, contact:
Bio Capsule PR | [Instagram](#) | [Facebook](#)



Step 3: Responsible Disposal



If you cannot reuse, sell, repair, repurpose or recycle something, then you should dispose of it responsibly. The most important thing is to NOT send items to a landfill that are considered hazardous waste.

According to the EPA, Puerto Rico residents on average dispose of 5.56 lbs of solid waste per person, each day. Recycling rates in Puerto Rico are low, with less than 10% of solid waste diverted.

The majority of landfills have unlined areas, or a combination of lined & unlined areas. Unlined, non-compliant landfill areas can release a substantial volume of contaminated leachate as runoffs into streams and rivers during heavy rains and into the groundwater of Puerto Rico, much of which are vital drinking water resources.

Many products require special care and should NEVER be poured down the drain or thrown out with regular trash.



Landfill in Vieques
(Photo by Mike Barandiaran)

HOUSEHOLD HAZARDOUS WASTE examples include:

- motor oil
- automobile batteries
- pesticides
- herbicides
- insecticides
- paints & solvents
- household cleaners
- drain openers
- oil filters
- light bulbs (see our grids above)
- batteries (see grid above)
- unemptied aerosol cans
- ammunition
- ammonia
- thermometers
- nail polish
- electronics (see grids above)



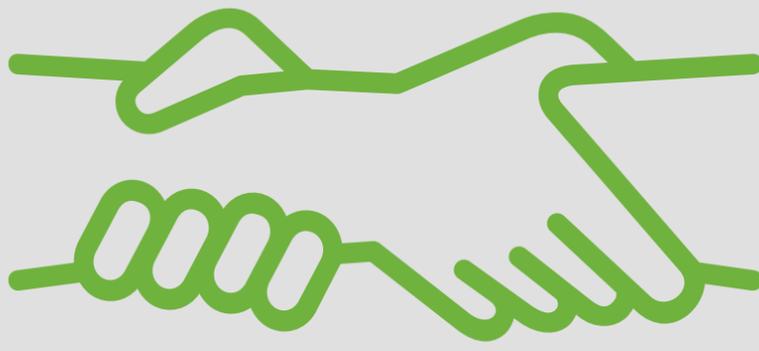
For HOW to dispose of your HAZARDOUS WASTE, call EPA's tollfree line: 888-283-7626



Medications

Learn how to dispose of them correctly by calling 800-222-1222 or go to leftovermeds.com to find a participating pharmacy or click [HERE](#).

To submit complaints and file environmental violation reports including Illegal Dumping click [HERE](#).



DO YOU NEED MORE HELP REDUCING YOUR WASTE?

These socially and environmentally committed small businesses can help guide your lifestyle, organization, business or event:

[CoopERA](#) | [Ecosentido](#) | [Jackie Eco-coaching PR](#)
[Learning 2B Global](#)
[Proyecto Raíces](#) | [TAIS](#) | [Viste Consciente](#)

These organizations can also help in your waste reduction needs:

[Basura Cero](#) | [Estuario](#) | [Generación Circular](#)
[LimPiaR](#) | [Museo del Reciclaje](#) | [Puerto Rico Composta](#)
[PRRP](#) | [REDeS](#) | [Sierra Club](#)

VOLUNTEER

Volunteer for LimPiaR's monthly BEACH CLEAN-UPS. We provide gloves, bags, water, zero waste snacks, sunscreen, bug repellent and more. You can even organize one for your club, school or business with us. [For MORE INFO.](#)



WE WANT YOUR FEEDBACK!

This guide is a Work-in-Progress, we appreciate YOUR HELP in making it the best it can be.

Is there a resource not mentioned in this guide?

Do you have questions?

Do you find this guide useful?

Submit to us through [this form.](#)

**Please NOTE that a listing in this FREE resource guide is not an endorsement by LimPiaR of any provider. We receive no fees or reward for including any individual, organization or business here.*

The goal of this guide is to provide citizens with resources to reduce waste and to create a CLEANER & GREENER Puerto Rico.

To SUPPORT this FREE GUIDE – PLEASE [DONATE HERE](#)

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info@limpiar.org
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