Transcript for Ansa Waste a Minute Series One

Alison: Hi my name is Alison and we at Ansa Environmental Services would like to say a big thank you to the residents of Cheshire East for recycling where they can in difficult times. But today we have an urgent call to arms, to put out to all our eco-warriors.

So over a series of 'Waste a Minute Videos' Lisa and I aim to refresh our memories of what can and can't be recycled, but please share this video with your friends.

Lisa: Yes the most important thing you can do right now to address this problem is if you are not sure it can be recycled, put it in your black general waste bin which gets converted into energy. Only put the big 5 in your silver recycling bin. Those are: Glass, soft plastics, Aluminium, Cardboard and Paper.

Alison: We will cover things in more detail on future videos, but for now, with your silver bin, it's easy to remember: IF IN DOUBT, LEAVE IT OUT.