

NPRO – waste sorting guide



Waste Sorting Guide for Norwegian Property

This guide will show you how to properly sort waste and use the waste area ramps at Aker Brygge. Other buildings may have a smaller number of fractions, please contact NPRO customer service center if you have any questions.

Our goal is to source separate 65% of all the waste we produce. While Norwegian Property tries to provide the best possible facilitation for waste disposal, all the tenants are encouraged to follow these guidelines and take responsibility for keeping the waste sorting area clean and tidy.

Source sorting and recycling is part of NPRO's commitment to local initiatives that aim to have a positive global effect; GLOCAL. We take corporate social responsibility seriously, and know that our tenants are also concerned about it.

If you have any questions or comments regarding waste sorting, please contact the NPRO customer service center by phone. 480 50 300 / kundesenter@npro.no.



Cardboard, paper and cartons



Cardboard, paper and carton are disposed of in the same waste container. Plastic covers and other plastics should be removed and the cardboard/paper should be clean.

YES:

- Cardboard boxes
- Cardboard boxes and paper packaging
- Office paper, copy paper, computer paper and envelopes
- Newspapers, magazines, brochures and advertising
- Beverage cartons

NO:

- Polystyrene, disposable cups, wrapping paper and paper that contains aluminium foil or plastic and bound books are thrown into residual waste.
- Coffee filters, napkins and soiled paper towels are thrown into food waste.
- Plastic wrap is sorted as plastic wrap

To sort:

Cardboard, paper and carton are collected in a separate waste container at your unit (with the brown lid for those using NPRO equipment) and brought down to the ramp where it is emptied into the container/compactor (with the "Cardboard/paper" sign). The container has equipment to empty the containers that have wheels automatically. If you use a plastic sack to collect cardboard and paper, please empty this out of the sack. The sack can be reused or discarded as plastic wrap.

What happens to the waste from here?

Cardboard/paper is recycled to make new cardboard and paper products such as newspapers, cardboard boxes, carton, office supplies, packaging and toilet paper.

TIP:

Clean the office and throw away binders with paper? Separate the paper from the plastic binder/plastic separation pages and send the paper to recycling. The binder goes in residual waste.

DID YOU KNOW THAT?

Each ton of recyclable paper corresponds to 14 trees and can be recycled 6-7 times before the fibers are broken. (source: steenarecycling.no)

Glass and metal packaging



Clear and coloured glass packaging and metal packaging such as tin cans and metal pots are disposed in the same container. All packaging should be emptied of its contents. Labels, metal caps and lids do not have to be removed.

YES:

- Non-refund glass bottles (soft drinks, wine, beer, liquor) and other glass packaging
- Tin cans and metal pails, as well as metal pots
- Aluminium forms and foil
- Capsules and lids/metal caps
- Tea candle holders
- Drinking glasses/beer glasses

NO:

- Plates, ovenproof/refractory wares, ceramics, porcelain and mirrors are thrown into their own container.
- Cutlery or other non-packaging metal objects should be disposed of in the iron/metal waste container.
- Paint buckets with residues are sorted as hazardous waste.
- Fluorescent tubes and light bulbs are electronic waste; refundable bottles and cans are put in the reverse vending machines.

To sort:

Glass and metal packaging is sorted into a separate waste container at your unit (with a light green lid for those using NPRO equipment) and transported down the ramp where it is emptied into containers marked "Glass and metal packaging".

What happens to the waste from here?

Recycled glass is used as a raw material to make new glass packaging and glass products, and for insulation and building materials. Metal packaging is sorted and sold to smelting plants that produce new metal objects such as rebar, nails and bicycle parts.

TIP:

When replacing large quantities of tableware, please contact NPRO's customer service center.

DID YOU KNOW THAT?

100% of sorted glass and metal packaging collected in Norway is recycled (source: sirkel.no)

Plastic wrap



Plastic wrap (cling film) means all types of clear and coloured plastic wrap, and film with printing and/or labels on it. So-called Low Density Polyethylene (LDPE) is the most common type of plastic used at companies. The film is soft and elastic with a smooth surface and varying thickness, and can withstand stretching to a greater extent than other types of plastic.

YES:

- Bags/sacks
- Pallet hoods
- Shrink wrap/transport film
- Bubble wrap

NO:

Strap ties, plastic cups, soft plastic that crackles, cellophane and soiled laminate foil – which is often wrapped around fish and meat – should be disposed of in residual waste.

To sort:

Plastic wrap is collected in the blue plastic sacks for plastic wrap (in your unit's sack rack) or carried by hand to the ramp. Loose plastic wrap can be thrown in the sack rack at the ramp marked "Plastic wrap". Sacks of collected plastic wrap are inserted into the plastic press at the ramp or placed next to the designated place.

TIP:

On the website sortere.no, you can search for both packaging and other products you are unsure about.

What happens to the waste from here?

Recycled LDPE film can be used to create new film and foil products such as shopping bags and waste bags. It can also be used to make buckets, pails and pipes.

Plastic bottles, jugs and trays



Plastic bottles, jugs and trays are a mixture of different types of hard plastic packaging. All packaging should be emptied of its contents.

YES:

- Hard plastic packaging such as bottles, jugs, trays and cups
- Disposable plastic boxes, buckets/pails and other containers, lids
- Flower pots and flower trays

NO:

Plastic binders and plastic products such as markers and pens are disposed of in residual waste. Refundable bottles are put in the reverse vending machines or in the designated yellow bucket at the waste ramps, while plastic boxes for reuse (solid plastic crates and fruit/vegetable crates) are placed at the designated areas at the ramps.

To sort:

The plastic packaging is collected in separate bags at your unit or carried by hand to the ramp, where it is disposed of in the separate sack racks labelled "Plastic bottles, jugs and trays". Hard plastic packaging should not be mixed with plastic film.

TIP:

Don't take the cap off the bottles or jugs.

Refundable bottles can be put in the yellow containers labelled "Pant" (=refundable). The income from these goes to the Refunds to fight cancer charity (Pant mot kreft). The containers are emptied by local rehabilitation companies.

Did you know that?

The Norwegian Mapping Authority makes maps out of recycled plastic; these are much more durable than the old paper maps. (source: sortere.no).

Food waste



Food waste is waste that organic in origin and easily degradable. You can also throw packaged food in the food waste container.

YES:

- Unused food that needs to be discarded and food scraps, casserole and plate residues such as fruits, vegetables, meat, fish, cheese, baked goods, dry goods, rice, pasta and eggshells.
- Opened and unopened packaged food waste that needs to be disposed of.
- Food can be wrapped in plastic, paper, cardboard or carton.
- Food in cardboard boxes should be emptied out of the boxes.
- Liquid products in closed packaging can also be disposed of here.
- Coffee filters and coffee grounds, tea bags
- Used, soiled paper towels and paper napkins

NO:

Deep-frying and cooking oils should be emptied in the separate container at the ramp marked "Deep-frying and cooking oils". Cutlery, glass, plastic boxes and metal boxes should not be disposed of in the food waste containers. Remnants of soups, sauces and the like are poured into the drain.

To sort:

All food waste must be disposed of in transparent bags/sacks in a separate food waste container at your unit. NPRO offers food waste containers with green lids of various sizes and bags suited for this, depending on your company's needs. Full bags/sacks and containers are transported down to the cooled food waste room at the ramp marked "Food Waste"

TIP:

There is a lot of good advice online on how to reduce food waste. Do a search and check if there is anything you can do to dispose of less food waste.

What happens to the waste from here?

Sorted food waste is used to make eco-friendly biogas, which in turn is used for fuel or energy production. Food waste is also used as a nutritious fertilizer.

DID YOU KNOW THAT?

In 2020, 144 000 tons of electrical waste was collected for recycling. This corresponds to over 26 kilograms per person. (source: miljodirektoratet.no)

Hazardous waste



Hazardous waste is products containing hazardous substances that may harm humans or animals if not handled properly. Hazardous waste should not be mixed with other types of waste or placed in the residual waste bins.

YES:

Hazardous waste is divided into six subgroups:

- Strong cleaning agents such as chlorine, household ammonia and strong washing liquids
- Solvents such as petroleum spirit/white spirit, turpentine, thinners, brake fluid and coolants, pesticides, fertilizers, oil and gasoline
- Paints, glues and varnishes
- Spray cans, marked flammable – both partially used and empty
- All types of batteries

To sort:

NPRO provides red boxes labelled "Hazardous waste and small electronic devices" to collect small amounts of hazardous waste and small electrical products. If the box is full, or if larger amounts of hazardous waste are to be disposed of, please contact NPRO's customer service center for collection.

TIP:

Look for the hazard symbols on the product you are throwing away. If you have any doubts about whether the product is hazardous or not, put it in the red box or contact NPRO customer service center.

What happens to the waste from here?

The treatment of hazardous waste is strictly regulated by law. Some things can be recycled into new products and used for energy recovery. What cannot be used is treated properly to avoid emissions into the environment.

DID YOU KNOW THAT?

Hazardous waste that is not in its original packaging must be marked with what it contains!

Frying and cooking oils



All used and old frying and cooking oils from restaurants, canteens and shops must be stored and disposed of in separate containers.

YES:

- All types of cooking oil
- Deep-frying oil
- Other vegetable or animal oil (fish oils)

To sort:

Deep-frying and cooking oil is brought from the restaurant/company to the ramp in the 10-liter yellow steel buckets with lids (at Aker Brygge the buckets are supplied by NPRO). The oil is then poured into the frying oil container at the ramp. It is important to make sure you clean up any spills.

TIP:

NPRO provides 10-liter yellow steel buckets with lids to store and transport the frying and cooking oils. Contact NPRO customer service center; Tel. 480 50 300.

What happens to the waste from here?

Deep-frying and cooking oils are filtered and recycled to make biodiesel or biological heating oil, thereby replacing the use of fossil fuels. The oils can also be used to make biogas.

DID YOU KNOW THAT?

Deep-frying and cooking oil should not be emptied into the food waste containers or in toilets or drains.

Residual waste



Residual waste is what remains after you have sorted out all the other types of waste to be recycled into new raw materials. NPRO has initially chosen to sort out the largest and most common main groups of waste, although it is possible to sort out some more.

YES:

- Wood, excluding pallets
- Styrofoam/polystyrene boxes
- Plant residues, soil
- Rubber
- Porcelain and ceramics, ovenproof forms
- Soiled packaging
- Diapers, sanitary napkins, cotton, band-aids
- Cold ash and cigarette butts
- Vacuum cleaner bags
- Paint brushes and empty, dry plastic buckets for painting
- Gift wrapping paper
- Textiles not suitable for reuse
- Small pieces of furniture made of fabric/wood/plastic

NO:

Hazardous waste, EE waste, food and packaged food waste and cooking oil, pallets and reusable crates, paper, cardboard, plastic film, plastic packaging, glass packaging and metal.

Waste from minor or major remodelling such as plaster, insulation, windows, concrete, plaster and wood should not be thrown away at the ramp. If necessary, contact the NPRO customer care center.

To sort:

Residual waste should be disposed of in the clear sacks. The sacks are transported down to the container at the ramp marked "Residual Waste". Items that are not suitable for the sacks are placed directly in the residual waste container.

TIP:

Reduce the amount of residual waste:

Use smaller disposable items. Deliver used furniture and textiles to flea markets or second-hand markets. Look for recycling schemes offered by suppliers, such as Styrofoam crates.

What happens to the waste from here?

The residual waste is sorted and flammable materials go to combustion to produce energy that is used for district heating and to produce electricity. District heating is used to heat homes, institutions and for hot water.

DID YOU KNOW THAT?

Are you bringing your pallets and crates to the right place?

Racks and reusable packaging such as wooden and plastic pallets, plastic crates for fruit/ vegetables/ meat/ fish and steel roller pallets/ racks should be placed at the marked areas at the ramps. Suppliers are required to retrieve these and take these with them. NPRO will remove what is not retrieved.

Are you using the right waste bag?

There is a waste collection scheme for some bag and sacks of various sizes for the following types of waste:

- Blue sacks for plastic film/wrap
- Clear sacks for plastic packaging

Do you have the right source sorting equipment?

NPRO provides source sorting equipment for various types of businesses. You may order equipment from our sustainability webpage:

<https://www.norwegianproperty.no/barekraft-2/>.

DID YOU KNOW THAT?

Waste accounts for more than 20% of all CO2 emissions from NPRO's properties. Of this, 94% comes from unsorted waste.



For questions about waste sorting and ordering waste bags/sacks and other source sorting equipment, please contact the NPRO customer service center by phone: 480 50 300/kundesenter@npro.no



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