



See page 4 for the “Waste Collection Schedule” and write your region’s collection days of the week in the circle of this page.




★ Collections are carried out on public holidays. The schedule for Year-end and New-year holidays will be announced through the city's website, "Nakano City Newsletter" or "Waste Sorting App".

Advance-application required

●Large-Sized Waste Reception Center (Mon.-Sat., 8:00 a.m.-7:00 p.m.)

Tel. 03-5715-2255

*Applications are also accepted at the Nakano City website. See also page 4.



Recyclable Waste Collection at Resource Recovery Locations

Waste from businesses are not accepted

Note: The shape of the City Office collection box will be different.


Battery Collection Box


«Collection items» Dry-cell batteries (alkaline・manganese), lithium primary batteries (Coin type model numbers “CR”, “BR”, etc.), button-cell batteries


«Box locations» Public facilities in the city such as **City Office, Community Center, Central Library, Gymnasium, Recycling Exhibition Hall**, etc.

«Caution»

- Insulate button-cell batteries with cello tape or the like before disposal.
- Collection is also conducted by cooperating stores such as electronics stores.


Dry-cell batteries


Coin type button batteries



Small Rechargeable Battery Collection Box

«Collection items» Mobile batteries, battery packs, etc.

«Box locations» **City Office, Recycling Exhibition Hall**

«Caution»

- Insulate with cello tape or the like before disposal.
- Items with the recycling mark are also collected at cooperating stores such as electronics stores and supermarkets.

Used Small Household Electric Appliances Collection Box

«Collection items» Unwanted small household electric appliances (the following nine items) derived from home


- mobile phone (including PHS & smart phone) ・ portable music player
- hand-held game machine ・ digital camera ・ portable video camera
- portable car navigation ・ electronic dictionary ・ desk-top calculator
- AC adapter & codes

* Items that do not fit in the collection box (30 cm x 15 cm) are not accepted.

«Box locations» **City Office, Community Center, Central Library and Recycling Exhibition Hall**

«Caution»

- Please eliminate personal information recorded on a mobile phone.
- Please remove storage media (SD card, etc.) and battery.
- Items dropped into the Resource Collection Box will not be returned.




Used Fluorescent Lamps and Bulbs Collection Box

«Collection items» Straight tube fluorescent lamps (120cm or shorter), circle tube fluorescent lamps or bulb-type fluorescent lamps from households.

«Box locations» **City Office, Community Center, Central Library or Recycling Exhibition Hall**

«Caution»

- To prevent being broken, place them in original wrapping or empty cases, or wrap them with newspapers, etc.
- Items other than fluorescent lamps and bulbs such as incandescent light bulbs, LED bulbs, etc. and broken lamps and bulbs can not be collected with this collection box. Dispose them on the collection day of “Ceramics/Glass/Metal Waste”.



Items NOT Collected by Nakano City

PC

Please dispose of it in one of the following ways:

1. Pick-up from home by courier services (By the cooperation of the city’s partner, **Renet Japan Recycle, Inc.**, the collection of 1 box of disposing items which includes PC itself is free of charge.)
Apply through their website (<https://www.renet.jp/>).
2. Collection by manufactures, etc. (collection and recycling based on the Law for Promotion of Effective Utilization of Resources)
A collection/recycling fee will be charged for disposal. (Home-use PCs with the “PC recycling mark” can be disposed of without paying a collection/recycling fee.)
Inquire contact information of each manufacture, collection method, fees, etc. to “**PC 3R Promotion Association, Phone: 03-5282-7685**”.

Air-conditioner, TV, Refrigerator・Freezer, Washer・Cloth drier

There is a recycling and transportation charge for disposal. According to the Home Electric Appliances Recycling Law, manufactures do collection and recycling home appliances (including foreign, used or mail-order products). Please contact the store you purchased (or had it replaced). If you are not sure, please call the **Home Appliances Recycle Reception Center, TEL: (0570)087200** (Navi Dial) to pick it up.

Difficult-to-Process or Hazardous Items

Flammable, harmful, or hazardous items are NOT collected by Nakano City.
Please inquire with the store where the item was purchased or the manufacturer.

<Example> Gas canister・Motor vehicle battery・Industrial chemical・Match
Fireworks・Kerosene・Gasoline・Paint・Motor vehicle・Motorcycle・Motor vehicle tire・Fire extinguisher・Piano・Fire resistant safe・Cement materials・Rocks or Soil

PET Bottle Automatic Collection Machine

☆Eligible to earning reward points

In order to efficiently collect colorless PET bottles recyclables derived from households, they are installed at supermarkets in the city (Dispose colored PET bottles as “Combustible waste” since this machine cannot process them). Remove caps and labels, and rinse the inside at home before bringing them. Put PET bottles into the machine without crushing them.


Compression reduce the volume, and CO₂ (carbon dioxide) emitted during collection and transportation. When you use this machine, you can collect reward points that can be exchanged for “shopping coupons”.

«Installed location» As of April 2025 *

*Check the City’s website for the latest information.

- OK/Saginomiya Branch, Nakasugi Branch
- Santoku/Shin-Nakano Branch
- Life/Higashi-Nakano Branch, Nakano-Station Branch, Nakano-Arai Branch
- Peacock/Toritsu-kasei Store
- Maruetsu/Toritsu-kasei Station Branch, Nakano-wakamiya Branch
- Kitchen Court/Higashi-Nakano Branch
- Maruetsu Petit/Yamatocho Branch, Nakano-chuo Branch
- Co-op/Nakano-Chuo Branch, Nakano-Saginomiya Branch
- Recycling Exhibition Hall

* The machine is also installed by private companies at locations such as Summit and 7-Eleven.



Old Clothes/Old Fabrics


They are collected as resources with the Group Collection (except some area). Also, you can bring them into the Recycling Exhibition Hall (1-6-3 Matsugaoka / refer Contact Information on Page 4) during operation hours.

«Collection items» clothes, underwear, socks, towels, curtains (except blackout curtains, lace sheer curtains) etc.

«Caution»

- Put washed and dried items in a plastic bag.
- Do not remove zippers or buttons.
- Items stuffed with cotton, and masks cannot be collected. Dispose them as “Combustible Waste”.

* Wet items cannot be recycled. For Group Collection, please put items out on a day that rain is not in the forecast all day.



Cooking Oil

«Collection items» Cooking vegetable oil (tempra oil, vegetable oil, olive oil, corn oil, etc.) which derive from household.


* Oil which was used several times and became dark brownish or was unopened but past a best-before-date is also collected.

«Resource recovery locations» Environment Section at **City Office 8F, Reception of Recycling Exhibition Hall**

* In addition to the above, they are collected at Community Center between 9 am to noon on the forth Tuesday every month (if the forth Tuesday falls on a holiday, the following business day)

«Caution»

- Eliminate the dregs as much as possible and put oils in PET bottles, be sure to shut a lid on it, and take it to the Resource Collection Locations. (For unused oil bottles, bring in original bottles).
- Please do not use glass bottles as they are easy to be broken.



Business Waste and Recyclables (fee-based service)

Business owners are responsible for the disposal of recyclables and waste derived from business operation such as offices or stores. The waste management must be conducted by the business (by contracting waste disposal companies, recycling businesses, etc.).

[When using Nakano City’s collection]

Under the City’s regulation, businesses are required to submit a form when requesting the City to collect waste. Businesses with no more than 20 employees or businesses that generate less than 50 kg of waste a day on average may fill out the **Business Waste Generation Form** and dispose their waste at the City’s collection sites. **They must attach Waste Management Tickets** to all waste. These tickets are available for purchase at convenience stores and stores with “Nakano City Waste Management Tickets are available” sign or at Nakano Waste Management Office.

Inquiries:
For inquiries regarding a business waste generation form, contact the Garbage ZERO Promotion Section.
For inquiries regarding Nakano Waste Management Tickets for business waste, contact the Nakano Waste Management Office.

[Items to remember when requesting Nakano City collection]

The city will issue a “Notification Certificate” to the business owners who submitted the notification and inform them of the “Business Owner Number”. Please write that number and “business name” (company name, shop name, etc.) on the Waste Management Ticket and attach it to the waste. Waste that does not have a proper Waste Management Ticket cannot be collected. If you live in the same place as the store (business office), please separate the store waste and household waste and put them out in separate bags.

●If using a waste bin

Attach a Waste Management Ticket adequate for the amount of waste contained inside. Place the ticket inside the container on the item on the very top of the waste, or if you have kitchen scraps and cannot attach the ticket, attach the ticket on a piece of paper and place it on the very top of the waste.

●Items difficult to fit in a waste bag

- **Foamed polystyrene** (Dispose as **Recyclable Plastics**)
One 10-liter-ticket per one item
- **18-liter cans** (Dispose as “Ceramic/Glass/Metal”)
One 10-liter-ticket per one item

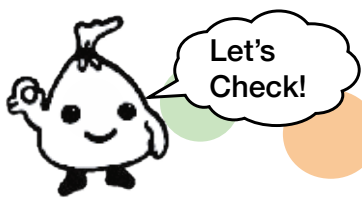
●If using a waste bag

Attach an adequate Waste Management Ticket for the size of the waste bag and attach it to a place that can be easily seen. For example, even if the waste bag is only half-full, please attach a ticket adequate for the size of the bag.

●Bottles, cans, and PET bottles

~Try to use the private collection routes~
If you wish to use the Nakano City Collection, label the waste bag with the name/type of the contents, apply an adequate Waste Management Ticket, and place them at the collection points.

*Business-generated Used Papers are not collected by the community group collections. Please dispose them by asking recyclables collection contractors for collection or taking them to used paper wholesalers.



WHAT TYPE OF WASTE IS IT?

<Frequently Asked Items>

Item		Type				
		Combustible	Ceramic/ Glass/Metal	Recyclable plastics *4	Bottle/Can/ PET Bottle	Large-Sized
Iron			●			
Iron Print Paper, Textile Paper		●				
Crimping postcard		●				
Album		●				
Aluminum Foil			●			
Wardrobe Box						●
Chair						●
Plant Pot	Unglazed/Ceramics/Metal		●			
	Plastic			●		
	Size: 30cm or over					●
SD Card			●			
Diaper (Disposal/Cloth) *Remove any stool		●				
Toy	Metal		●			
	Plastic			●		
	Wooden	●				
	Size: over 30cm					●
Card (Plastic)				●		
Umbrella (including folding umbrellas and umbrellas over 30 cm)			●			
Wrapping bags or packages of sweets	Paper *Clean paper can be recycled in pack	●				
	Plastic			●		
Cooking Stove *Remove gas canisters.	Size: 30cm or under		●			
	Size: 30cm or over					●
Cassette Tape		●				
Cassette Tape Case				●		
Gas Canister *1			●			
Cups (Cup noodle, pudding, etc.)	Paper	●				
	Plastic			●		
Bag (Leather, Cloth, Vinyl)		●				
Razor *2			●			
Cans	Cans of drinks (including caps)				●	
	Snack/Tea				●	
	Canned Food (Pet Food)				●	
	18 liter cans		●			
Desiccating Agent		●				
Thermal paper (receipt, etc.)		●				
Caps (Drinks, etc.)	Metal		●			
	Plastic			●		
Skewer *must be wrapped in paper or cloth	Metal		●			
	Wooden	●				
Sheets of medicines				●		
Shoes (Leather Shoes, Sneakers, Rain Boots, Sandals)		●				
Cushion	Size: 30cm or under	●				
	Size: 30cm or over					●
Sphygmomanometer (mercury) *3			●			
Golf Club						●
CDs (Same for BDs, DVDs, and MDs)		●				
CD case (Same for BDs, DVDs, and MDs)				●		
Photo		●				
Shampoo Bottles				●		
Joint mat	Size of one mat: 30cm or under	●				
	Size of one mat: over 30cm					●
Tray for food products (Meat, Fish, Ready-made Food, etc.)				●		
Tableware, cups, etc.	Made of paper, wood	●				
	Plastic			●		
	Made of pottery, glass, metal		●			

Notes

- 1: If rechargeable products, spray cans, gas canisters, lighters, etc. are disposed together with other garbages, it may cause a fire in waste collection vehicles or waste processing facilities. Put it in a bag separate from other garbage, and indicate what the contents are. Do not make holes in spray cans and gas canisters.
- 2: Cutlery and broken bottles are dangerous. Wrap it in paper or cloth, put it in a bag separate from other garbage, and indicate what the contents are.
- 3: Mercury-containing products cannot be land filled, so they will be treated separately. Put it in a bag separate from other garbage, and indicate what the contents are.
- 4: Even if an item is made entirely of plastic, if it is uncleanable, it is handled as “Combustible Waste”. If even one part of an item is made of material other than plastic, it cannot be disposed of as “Recyclable Plastics”.

Item		Type				
		Combustible	Ceramic/ Glass/Metal	Recyclable plastics *4	Bottle/Can/ PET Bottle	Large-Sized
Rice Cooker	Size: 30cm or under		●			
	Size: 30cm or over					●
Straw	Paper	●				
	Plastic			●		
Spray Can *1			●			
Pinch hanger (includes items longer than 30cm)	Metal		●			
	Plastic	●				
Thermometer	Mercury *3		●			
	Digital		●			
Sponge (scrubbing)	Metal		●			
	Nylon			●		
	Wool	●				
Soil		Not collected by the city. (Page 2)				
Fishing rod						●
Electronic cigarettes *1			●			
Stuffed Doll	Size: 30cm or under	●				
	Size: 30cm or over					●
Sand for cat		●				
Net (used in Fruit wrapping, etc.)				●		
Packaging (for Egg, Natto, Tofu, Fruits)				●		
Foamed Polystyrene (cushioning material)				●		
Fireworks *used ones only, must be wet with water		●				
Tooth Brush				●		
Knife *2			●			
Hanger	Metal		●			
	Plastic			●		
	Wooden	●				
Pizza box		●				
Video Tape		●				
Video Tape Case				●		
Bottles *Dispose broken glass bottles as the Note2 below	Food/Liquor/Beverage				●	
	Medicine, Cosmetic		●			
	Broken Bottle		●			
Japanese bedding (futon)						●
Frying pan			●			
Printer						●
Bed Pad/Bed Mattress						●
PET Bottle (for Beverage, Condiment, etc.)					●	
Cap and label of PET Bottle				●		
Lunch Box Containers (plastic)				●		
Broom	Length: 30cm or under	●				
	Length: over 30cm					●
Hose *Cut it into pieces of 30 cm or less.		●				
Ball (for tennis, golf, baseball, soccer, etc.)		●				
Pen	Metal		●			
	Plastic	●				
Ice Pack		●				
Microbeads Cushion	Size: 30cm or under	●	Place these items in a separate bag and write the contents on the bag before disposal.			
	Size: 30cm or over					●
Unused food * If possible, take them to the Food Drive (Page 2)		●				
Laundry Pole						●
Cell phone battery		See <<Caution>> under "Small Rechargeable Battery Collection Box" (P2).				
Lighters *1			●			
Plastic Wrap				●		
Plastic Shopping Bag				●		

* Please use the scale as a guide for “30cm”.

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Days of Recyclable Waste·Waste Collection

★ For used paper, you can check it in the insert leaflet “List of Group Collection (used paper collection, etc.) implementation dates”.

★After checking your regions’ wastes/recyclables collection days, please write down the day of week on each blank “○” on Page 1.

Area (by town and district)			Combustible	Ceramic/ Glass/Metal	Recyclable Plastics	Bottle/Can/ PET Bottle (Collection Points)
あ	Arai	1, 2, 4, 5-chome	Tue./Fri.	The 2 nd and 4 th Sat.	Thur.	Fri.
		3-chome	Tue./Fri.	The 1 st and 3 rd Sat.	Thur.	Fri.
え	Egota	1, 3-chome	Wed./Sat.	The 2 nd and 4 th Thur.	Fri.	Tue.
		2, 4-chome	Wed./Sat.	The 1 st and 3 rd Mon.	Tue.	Tue.
え	Eharacho	All	Wed./Sat.	The 2 nd and 4 th Thur.	Fri.	Tue.
		All	Tue./Fri.	The 2 nd and 4 th Wed.	Mon.	Wed.
か	Kami-saginomiya	1-chome	Mon./Thur.	The 2 nd and 4 th Fri.	Sat.	Tue.
		2-chome	Tue./Fri.	The 2 nd and 4 th Sat.	Thur.	Fri.
か	Kami-takada	3, 4, 5-chome	Tue./Fri.	The 2 nd and 4 th Sat.	Thur.	Tue.
		1, 3-chome	Tue./Fri.	The 1 st and 3 rd Wed.	Mon.	Wed.
さ	Saginomiya	2-chome	Wed./Sat.	The 1 st and 3 rd Mon.	Tue.	Wed.
		4, 5, 6-chome	Tue./Fri.	The 2 nd and 4 th Wed.	Mon.	Wed.
し	Shirasagi	1, 2-chome	Tue./Fri.	The 1 st and 3 rd Wed.	Mon.	Wed.
		3-chome	Tue./Fri.	The 2 nd and 4 th Wed.	Mon.	Wed.
ち	Chuo	1, 2-chome	Mon./Thur.	The 2 nd and 4 th Tue.	Sat.	Thur.
		3, 4, 5-chome	Mon./Thur.	The 1 st and 3 rd Fri.	Wed.	Fri.
な	Nakano * Except for the everyday collection area	1-chome	Mon./Thur.	The 2 nd and 4 th Fri.	Wed.	Thur.
		*2, 3, 5-chome	Mon./Thur.	The 2 nd and 4 th Fri.	Wed.	Fri.
な	Nakano	4-chome	Mon./Thur.	The 1 st and 3 rd Sat.	Wed.	Fri.
		6-chome	Mon./Thur.	The 2 nd and 4 th Fri.	Sat.	Thur.
ぬ	Numabukuro	All	Wed./Sat.	The 2 nd and 4 th Mon.	Tue.	Tue.
の	Nogata	1, 2-chome	Tue./Fri.	The 1 st and 3 rd Sat.	Thur.	Fri.
		3-chome	Tue./Fri.	The 1 st and 3 rd Sat.	Thur.	Tue.
の	Nogata	4-chome	Wed./Sat.	The 2 nd and 4 th Mon.	Tue.	Tue.
		5, 6-chome	Wed./Sat.	The 1 st and 3 rd Mon.	Tue.	Wed.
ひ	Higashi-Nakano	1, 2, 4, 5-chome	Mon./Thur.	The 1 st and 3 rd Tue.	Sat.	Thur.
		3-chome	Mon./Thur.	The 2 nd and 4 th Fri.	Sat.	Thur.
ほ	Honcho	1, 2-chome	Mon./Thur.	The 2 nd and 4 th Tue.	Sat.	Thur.
		3-chome	Wed./Sat.	The 2 nd and 4 th Thur.	Tue.	Thur.
ほ	Honcho	4, 5, 6-chome	Mon./Thur.	The 1 st and 3 rd Fri.	Wed.	Sat.
ま	Matsugaoka	1-chome	Tue./Fri.	The 2 nd and 4 th Sat.	Thur.	Tue.
		2-chome	Wed./Sat.	The 2 nd and 4 th Mon.	Tue.	Tue.
ま	Maruyama	1-chome	Wed./Sat.	The 1 st and 3 rd Mon.	Tue.	Tue.
		2-chome	Wed./Sat.	The 1 st and 3 rd Mon.	Tue.	Wed.
み	Minamidai	All	Wed./Sat.	The 1 st and 3 rd Thur.	Fri.	Sat.
や	Yamatocho	1, 2-chome	Tue./Fri.	The 1 st and 3 rd Sat.	Thur.	Wed.
		3, 4-chome	Tue./Fri.	The 1 st and 3 rd Sat.	Mon.	Wed.
や	Yayoicho	1-chome	Wed./Sat.	The 2 nd and 4 th Thur.	Fri.	Sat.
		2-chome	Wed./Sat.	The 2 nd and 4 th Thur.	Tue.	Sat.
わ	Wakamiya	3, 4, 5, 6-chome	Wed./Sat.	The 1 st and 3 rd Thur.	Fri.	Sat.
		1-chome	Wed./Sat.	The 1 st and 3 rd Mon.	Tue.	Wed.
わ	Wakamiya	2, 3-chome	Tue./Fri.	The 1 st and 3 rd Wed.	Mon.	Wed.

“the first · the third ○” → the first and the third of ○ day of week in the month
“the second · the forth ○” → the second and the forth of ○ day of week in the month
* There is no wastes/recyclables collections on the fifth week.

To prevent waste from spilling and scattering, please cooperate in the following manner when disposing of waste:

There are frequent accidents of spilling and scattering of contents on passersby and neighboring houses when bags containing liquid tear when they are piled onto collection trucks.

Liquids cannot be collected as waste. When disposing of liquids, please absorb the liquid with paper or cloth, or solidify it with a solidifying agent, and dispose of it on the collection day for “combustible waste”.

If you wish to dispose of items with contents that might spill or scatter, such as down or microbeads cushions, as “combustible waste”, place the items in a separate bag and write the contents on the bag before disposal.

Caution with inclement weather (typhoon approaching, snowfall, etc.)

Depending on the conditions of strong winds, flooding, and snowfall, the collection time may be significantly delayed, and waste collection and placement of bottles, cans, and PET bottle's collection bins may be canceled.

We kindly ask for your cooperation in putting wastes out on the next collection day as much as possible.

Be sure to follow the sorting and emission rules even in the event of a disaster

Even if a large amount of garbage is generated due to cleaning up the damaged house, it is important to thoroughly sort it. Spoilage items and items need to be controlled for hygiene are highly prioritize for collection. Please check the latest information before taking out the garbage.

~This paper can be recycled. After using as a reference of waste disposal information, please dispose of it at group collection sites as recyclable (miscellaneous paper waste)~

リサイクル適性

Large-Sized Waste (fee-based service)

Advance-application required

★Household generated waste including furniture and home appliances with a side length over 30cm
Ex. Japanese futon, dirty blanket, chair, bicycle, vacuum cleaner, microwave, chest, wardrobe box, etc.
* Except for air-conditioner, TV, refrigerator, freezer, wash machine, cloth drier, and computer.

Please tell the “size (height, wideness, etc.)” of furniture such as shelf and chest drawer when you request for disposal.

★Hard-to-process waste with a size under 30 cm
Ex. Bowling ball, iron dumbbell, etc .

●Application by Telephone (English and Chinese)

Large-Sized Waste Reception Center

03-5715-2255

Hours: 8:00 a.m.-7:00 p.m.
(closed on Sunday and during Year-end/ New-Year holiday)

●Application via Internet (in English, Simplified Chinese or Hangul)

Application through “Large-Sized Waste Collection Online Application” or “How to Dispose Large-Sized Waste” page on Nakano City Website available 24 hours a day. (except Year-end/ New-Year holidays)

* Because it is very crowded during the year-end and New Year holidays, please apply early.
* If it is difficult to be connected a call, please try again at a different time.
* If you have a computer or smart phone, please use the Internet application.

Please use “Nakano City’s Waste Sorting App”

You can easily check various information about resources and garbage on your smart phone. Please use it (communication charges are paid by the user).

●Main Features

- “Waste Collection Day Calendar” which allows checking the day of collection in your area.
- “Waste Separation Dictionary” for checking how to separate waste.
- “Alarm Function” to remind you when to take out your waste and so on.

●Download from the 2D code below

Japanese version: Foreign language version: (English, Simplified Chinese and Hangul)

iOS device Android device iOS device Android device

Main Contents for Inquiry		Contacts and locations for Inquiry	
●Combustible Waste ●Bird prevention net ●Ceramic-Glass-Metal Waste ●Recyclable Plastics, etc.	●Recyclable resources such as Glass bottle, Can and PET bottle ●Group Collection (Collection of Used Paper), etc.	Nakano Waste Management office ☎ 03 (3387) 5353 FAX 03 (3387) 5389	1-6-3 Matsugaoka
		Nakano City Garbage ZERO Promotion Section Resource Collection Promotion Desk ☎ 03 (3228) 5555 FAX 03 (3228) 5634	
●Garbage reduction, 3R promotion ●Business Waste Disposal Notification Form ●Recycling Exhibition Hall, etc.		Nakano City Garbage ZERO Promotion Section Garbage Cutting Promotion Desk ☎ 03 (3228) 5563 FAX 03 (3228) 5634	