



# POP TABS for RMHC CNAZ

**Recycling POP TABS is a fun and easy way to support  
Ronald McDonald House Charities of Central and Northern Arizona!**

**SCHOOLS can get involved through our POP TAB CHALLENGE!** Each year, schools compete to see who can collect the most pop tabs for the House. Winners are selected in two categories: most total tabs and most tabs per student. Collecting tabs can be educational too! Many teachers integrate the pop tabs into their math, science, and even art curriculum.

If you are interested in getting your school involved in the POP TAB CHALLENGE, visit us online at [www.RMHCCNAZ.org](http://www.RMHCCNAZ.org) or contact our Development Coordinator at (602) 798-5096.

**GROUPS, ORGANIZATIONS, AND INDIVIDUALS** can easily collect pop tabs for RMHC, too! Tabs can be dropped off at the House or you can take your tabs directly to a scrap metal dealer (we partner with Tri-Star Recycling) and donate the proceeds to RMHC CNAZ.

## HOW TO DONATE YOUR POP TABS:

- Tabs may be dropped at the front desk of any of the three valley Houses between 9 am and 7 pm seven days a week.
- Tabs can also be dropped off directly at any recycler, with proceeds being sent directly to RMHC Central and Northern Arizona (501 E Roanoke Avenue, Phoenix, AZ 85004).

## Our Houses

**Roanoke:** 501 E Roanoke Avenue,  
Phoenix, Arizona 85004

**Cambridge:** 1980 E Cambridge  
Avenue, Phoenix, Arizona 85006

**Dobson:** 2225 W Southern Avenue,  
Mesa, Arizona 85202

## Important things to remember when turning in your tabs:

**Drop-Off Containers:** We can no longer accept tabs in milk jugs, soda bottles, water jugs, or any other narrow mouthed plastic container. They are difficult and time consuming to empty. We prefer all tabs be dropped off in plastic Ziploc, trash, or grocery bags, labeled with your name and contact information. Thank you!

**Aluminum vs. Steel:** Tabs from soda cans are generally aluminum, but other cans, such as cat food, soup, and other household goods, may actually be steel. Too many steel tabs mixed in with the aluminum tabs may cause the whole batch to be downgraded and, therefore, worth less. **As a rule of thumb, if it will stick to a magnet, it is probably steel and not worth saving.**

For any questions, or for more information please do not hesitate to contact us at:  
Ronald McDonald House Charities of Central and Northern Arizona, Inc.<sup>®</sup>

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