


## Plastics #1-#7 Recycling Guide

 <p><b>PET</b> Polyethylene Terephthalate</p>	<p>Plastic bottles for:</p> <ul style="list-style-type: none"> <li>• water, juice, soft drinks drinks, beer</li> <li>• cough syrup</li> <li>• mouthwash</li> </ul>	<ul style="list-style-type: none"> <li>• cooking oils</li> <li>• salad dressing</li> <li>• spices</li> <li>• popcorn</li> <li>• peanut butter, jelly, jam</li> </ul>	<ul style="list-style-type: none"> <li>• ketchup, mustard, mayonnaise</li> </ul> <p><b>PET</b> is also used to make:</p> <ul style="list-style-type: none"> <li>• some take out containers</li> <li>• ovenable film and microwavable food trays</li> </ul>	<p>* <b>Antimony</b>, a toxic trace element and carcinogen, is used as a catalyst in the manufacture of polyethylene terephthalate, and can leach into bottled water and other liquids packaged in PET plastic</p>
 <p><b>HDPE</b> High Density Polyethylene</p>	<ul style="list-style-type: none"> <li>• gallon milk jugs</li> <li>• many household and industrial chemical bottles such as detergents, bleach,</li> <li>• automotive fluid bottles, like motor oil and antifreeze</li> </ul>	<ul style="list-style-type: none"> <li>• many shampoo, dish and laundry detergent, and household cleaner bottles</li> <li>• some grocery and retail bags</li> <li>• cereal box liners</li> </ul>	<ul style="list-style-type: none"> <li>• some dairy products are beginning to be packaged in <b>#2 HDPE</b>, rather than the <b>#5 PP Polypropylene</b>. Always check the bottom of the containers.</li> </ul>	<p>* Also used to make Tyvek products. See “Tyvek Recycling” in the <b>Recycling Resources (alphabetical by material)</b> section on page 8 for recycling instructions</p>
 <p><b>PVC</b> Polyvinyl Chloride</p>	<ul style="list-style-type: none"> <li>• blister packs and clamshells</li> <li>• plumbing pipes</li> <li>• siding, window frames, gutters</li> <li>• inflatable toys</li> </ul>	<ul style="list-style-type: none"> <li>• phonograph records</li> <li>• shower curtains</li> <li>• loose-leaf binders</li> <li>• traffic cones</li> <li>• garden hoses</li> </ul>	<ul style="list-style-type: none"> <li>• any clear plastic packaging that has a blue tint and a white crease that appears when creased</li> </ul>	<p>* <b>PVC</b> contains many toxic and carcinogenic additives, including <b>mercury, phthalates, and dioxin</b>, that are hazardous to the environment and human health.</p>
 <p><b>LDPE</b> Low Density Polyethylene</p>	<p>Used predominately in film applications (see plastic bags section below). Other uses:</p> <ul style="list-style-type: none"> <li>• soft flexible container lids</li> <li>• squeezable bottles (e.g., honey and mustard)</li> </ul>	<ul style="list-style-type: none"> <li>• many toys</li> <li>• some shipping envelopes</li> <li>• some trash cans and recycling bins</li> <li>• some food storage containers</li> </ul>	<p>* Polyethylene is also used as the “wax” lining and coating for</p> <ul style="list-style-type: none"> <li>• hot/cold beverage cups</li> <li>• polycoated boxes such as cream cheese boxes, frozen food boxes, ice cream and</li> </ul>	<p>“aseptic” milk, 1/2 and 1/2, soy milk, juice, and soup cartons and boxes. These are currently not accepted in single stream collection, and must be rinsed out and recycled separately.</p>
 <p><b>PP</b> Polypropylene</p>	<ul style="list-style-type: none"> <li>• containers for most dairy tubs like yogurt, margarine, sour cream, cottage cheese</li> <li>• many takeout and deli food containers</li> <li>• straws and flexible utensils</li> </ul>	<ul style="list-style-type: none"> <li>• coffee stirrers</li> <li>• most bottle caps and aerosol caps</li> <li>• some medicine bottles</li> <li>• flower pots</li> </ul>	<ul style="list-style-type: none"> <li>• plastic baskets for fruit (like strawberries)</li> <li>• brooms and brushes, ice scrapers, oil funnels</li> <li>• toothbrush handles many storage bins</li> </ul>	<p>* Rarely recycled, due to limited end use markets, although the <b>Gimme 5</b> campaign is a manufacturer take back program in partnership with, <b>Preserve, Stonyfield Farm</b> and <b>Brita</b>.</p>
 <p><b>PS</b> Polystyrene</p>	<ul style="list-style-type: none"> <li>• styrofoam food service items, such as cups, plates, bowls, cutlery, hinged takeout containers (clamshells)</li> <li>• meat and poultry trays and egg shell cartons</li> </ul>	<ul style="list-style-type: none"> <li>• protective foam packaging and peanuts</li> <li>• some aspirin bottles</li> <li>• breakable plastic utensils (if they bend, they are #5)</li> <li>• coffee lids</li> </ul>	<ul style="list-style-type: none"> <li>• hard, brittle plastic like clear plastic take out clamshells, small clear condiment cups, red plastic “beer cups”</li> <li>• compact disc cases and video cassette cartridges</li> </ul>	<p>* Manufacturing <b>polystyrene</b> releases hazardous chemicals into the environment, and can transfer many of these substances to foods and liquids packaged in styrene-based material.</p>
 <p><b>OTHER</b></p>	<p>Use of this code indicates one of the following:</p> <ul style="list-style-type: none"> <li>• a combination of resins, many of which are not recyclable</li> </ul>	<ul style="list-style-type: none"> <li>• Polycarbonate, such as 5 gallon water cooler bottles and the epoxy linings of tin food cans. Can contain <b>BPA (bisphenol A)</b>, a hormone mimicking chemical, which can disturb the body's</li> </ul>	<p>endocrine system and has been linked to heart disease and obesity</p> <ul style="list-style-type: none"> <li>• newer plastics invented after 1987, including some “BPA-Free” plastics</li> </ul>	<p>* This code also includes <b>PLA</b> plastics made from renewable resources such as corn, sugar cane and potatoes. These plant-based plastics are biodegradable and should be composted</p>
<p><b>PLASTIC BAGS</b></p>	<p>Recyclable bags include:</p> <ul style="list-style-type: none"> <li>• all clean, dry bags labeled #2 or #4</li> <li>• grocery bags and household trash bags</li> <li>• newspaper bags</li> </ul>	<ul style="list-style-type: none"> <li>• dry cleaning bags</li> <li>• bread bags</li> <li>• produce bags</li> <li>• cereal box liners</li> <li>• toilet paper, napkin, and paper towel wraps</li> </ul>	<ul style="list-style-type: none"> <li>• plastic retail bags (handles removed)</li> <li>• zip lock bags (remove hard components)</li> <li>• shipping “air cushions”</li> </ul>	<ul style="list-style-type: none"> <li>• plastic shipping envelopes (remove labels)</li> <li>• case wrap (e.g., snacks, water bottles)</li> <li>• furniture and electronic wrap</li> </ul>