

WHAT DO THE NUMBERS ON PLASTIC PRODUCTS MEAN?

#1 PET (Polyethylene Terephthalate): In most water and pop bottles, and some packaging. Hard to de-contaminate. Proper cleaning releases harmful chemicals. Should be recycled but not reused.

#2 HDPE (High Density Polyethylene): In milk, detergent and oil bottles, toys and plastic bags. **Considered one of the safest** forms of plastic. Reusable and recyclable.

#3 PVC (Polyvinyl Chloride, aka Vinyl): In food wraps, food oil bottles, teething rings, pet's toys, and blister packaging. Produces toxins from manufacture through disposal. Avoid using for microwaving; wraps made from LDPE (#4s) are safer. Not recyclable.

AVOID

#4 LDPE (Low Density Polyethylene): In shrink wraps, food storage containers, squeezable bottles and plastic bags. Less toxic than other plastics. Reusable, but not always recyclable. **Generally regarded as safe.**

#5 PP (Polypropylene): In bottle tops, disposable diapers, carpeting, bags and food wraps, yogurt and margarine containers. Safe for reuse. Becoming more accepted by recyclers. **Considered one of the safest plastics.**

#6 PS (Polystyrene, aka Styrofoam): In plastic cutlery and dishes, foam packaging. May leach into food products. Not widely recycled. **AVOID**

#7 Other (LEXAN, polycarbonate, BPA aka bisphenol A) A catch-all category, usually layered or mixed plastics, some safer than others. PC (Polycarbonate) can leach Bisphenol-A (BPA). **Best to avoid when possible.** May or may not be recyclable. Unfortunately, many plastic products are not labeled with a number or initials. It may be possible to determine by calling the manufacturer.

These numbers are usually on the bottom of plastic containers.

