

GUIDE TO SAFER PLASTICS



PET, PETE: Polyethylene terephthalate ethylene, used for soft drink, juice, water, detergent, cleaner, and peanut butter containers. Easiest to recycle.

SAFER CHOICE



HDPE: High density polyethylene, used in opaque plastic milk and water jugs, bleach, detergent and shampoo bottles and some plastic bags. Recyclable.

SAFER CHOICE



PVC or V: Polyvinyl chloride, used for cling wrap, some plastic squeeze bottles, cooking oil and peanut butter jars, detergent, and window cleaner bottles. Difficult to recycle. May contain phthalates and lead.

AVOID



LDPE: Low density polyethylene, used in grocery story bags, most plastic wraps, and some bottles. Recyclable.

SAFER CHOICE



PP: Polypropylene, used in most Rubbermaid, deli soup, syrup, and yogurt containers; straws; and other clouded plastic containers, including baby bottles. Recyclable.

SAFER CHOICE



PS: Polystyrene, used in Styrofoam food trays, egg cartons, disposable cups and bowls, carry-out containers, and opaque plastic cutlery. Can't be recycled. Contain styrene.

AVOID



Other: Usually polycarbonate (PC), used in most plastic baby bottles, 5-gallon water bottles, "sport" water bottles, metal food can liners, clear plastic "sippy" cups, and some clear plastic cutlery. New bio-based plastics may also be labeled #7. Can't be recycled. May contain bisphenol-A.

AVOID (except new bio-based plastics, which are cloudy, not clear)