








# Understanding Plastic Recycling Codes

A handy guide to safe plastic use

Code	Name	Common Use	Recycle Rate	Recommendation
	<b>PET</b> Polyethylene Terephthalate	Plastic bottles (soft drink, single-use water bottles, sport drinks), food jars, cosmetic containers.	23%	Be careful with products labeled No. 1. Designed for single use only. Extended use increases risk of leaching and bacterial growth.
	<b>HDPE</b> High density polyethylene	Grocery Bags, detergent bottles, milk and juice jugs.	27%	Appears to be Safe
	<b>PVC</b> Polyvinyl chloride	Garden hose, cable sheathing, window frames, blister packs, blood bags, meat wrap.	< 1%	Avoid Nicknamed the Poison Plastic, contains many dangerous toxins.
	<b>LDPE</b> Low density Polyethylene	Heavy duty bags, drycleaning bags, bread bags, squeezable bottles, plastic food wrap.	< 1%	Appears to be Safe
	<b>PP</b> Polypropylene	Medicine bottles, cereal liners, packing tape, straws, potato chip bags.	3 %	Appears to be Safe
	<b>PS</b> Polystyrene	CD and video cases, plastic cutlery, foam packaging, egg cartons.	< 1%	Avoid May leach styrene, a possible human carcinogen. May be a hormone disruptor.
	<b>Other PC</b> Polycarbonate	Baby bottles, water cooler bottles, car parts	< 1%	Caution Concern with leaching of Bisphenol A which appears to cause chromosomal damage.

## Useful Tips:

- Store food and water in glass or stainless steel containers whenever possible
- Minimize or eliminate exposure to plastics with code 1, 3, 6, or 7
- Do not use products (especially Baby Bottles) identified with No. 7

[www.PlasticFreeBottles.com](http://www.PlasticFreeBottles.com)

Your source for alternatives to plastic bottles