

Only Numbers 1, 2 and 5 are recyclable.

PET (#1) are pop and water bottles, one of the most commonly used plastics and intended for single use applications. Repeated use increases the risk of leaching and bacterial growth.

#3, 6 and 7 you should stay away from because they are toxic and not recyclable.

#6 PS is Styrofoam and #7 is a combination of different plastics that can't be separated or recycled. With symbol # 7, the word "other" includes Bisphenols. A clear, hard plastic product without a number on it is PC #7 plastic, is not recyclable, and contains BPA (Bisphenol A).








Don't buy cooking oil in plastic bottles due to a high degree of chemical leaching.

Don't heat up or eat hot foods or liquids from plastic and don't put plastics in the dishwasher.

PLA #7 is compostable.

BPS replaced BPA in cans and plastic bottles and is put forth as a safe alternative. But BPS is shown to be more toxic to the reproductive system than BPA and is shown to hormonally promote certain breast cancers at the same rate as BPA. The effects of BPS could increase the chance of a heart attack.

Know Your Plastics

1	02	03	04	05	06	07
						
PET	PE-HD	PVC	PE-LD	PP	PS	O
Polyethylene Terephthalate	Polyethylene (high density)	Polyvinylchloride	Polyethylene (low density)	Polypropylene	Polystyrene	Bisphenol A and others
Releases endocrine disrupting chemicals like acetaldehyde over time, as well as toxic antimony, use once only.	Additives & softeners used in this plastic have never been tested for safety. Do you feel lucky?	The most toxic plastic, leaching phthalates, carcinogens, dioxins & more, linked to reproductive problems, diabetes, organ toxicity and cancers.	Relatively chemically non-reactive, these plastics degrade very slowly and present a burden to the environment for centuries.	Additives & softeners used in this plastic have never been tested for safety. Do you feel lucky?	These plastics leach extremely toxic brominated flame retardants over their entire lifespan.	Bisphenol A mimics the effects of the hormone estrogen and is linked to infertility & developmental damage.
Most commonly made into polyester fibres, also used in bottles for water or soda	Milk & detergent bottles, bottle caps, food storage containers, plastic bags and even plastic surgery	Water pipes, siding, signs, insulation, clothing, furniture, pleather, shower curtains and yes, even toys	Laminates, disk drives, snap on lids, six pack rings, playground slides and plastic wraps	Packaging, textiles, carpets, stationary, laboratory & medical equipment, molded shapes & diapers	Packaging, foam drink cups, insulation, rigid shapes like DVD cases or frames, and packing peanuts	A catch-all category for all other plastic types, includes bioplastics & multi layered resins, toxic bisphenol A may also be in other plastics