








Understanding Plastic Recycling Codes

A handy guide to safe plastic use

Code	Name	Common Use	Recycle Rate	Recommendation
	PET 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.
	HDPE High density polyethylene	Grocery Bags, detergent bottles, milk and juice jugs.	27%	Appears to be Safe
	PVC Polyvinyl chloride	Garden hose, cable sheathing, window frames, blister packs, blood bags, meat wrap.	< 1%	Avoid Nicknamed the Poison Plastic, contains many dangerous toxins.
	LDPE Low density Polyethylene	Heavy duty bags, drycleaning bags, bread bags, squeezable bottles, plastic food wrap.	< 1%	Appears to be Safe
	PP Polypropylene	Medicine bottles, cereal liners, packing tape, straws, potato chip bags.	3 %	Appears to be Safe
	PS 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.
	Other PC 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

Your source for alternatives to plastic bottles