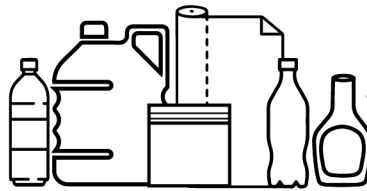


PLASTIC TYPES:

MOVING TOWARD A PLASTIC-FREE FUTURE



polyethylene terephthalate



degrades with use. recycle, don't reuse!

use:
- reusable bottles
- reusable beeswax wrap or glass /porcelain containers
- homemade dressing or opt for condiments in glass jars



high-density polyethylene

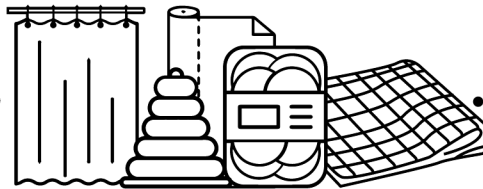


only 30-35% gets recycled in the US each year

use:
- glass containers when available
- homemade cleaners in glass jars
- detergent in cardboard boxes



polyvinyl chloride

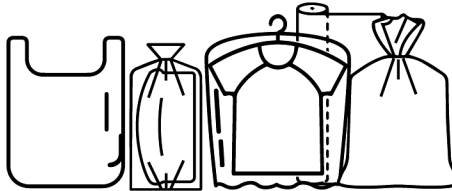


*not recyclable in most US jurisdictions
"poison plastic" just don't use it!

use:
- toys made from natural materials (or make your own)
- vinyl-free shower curtain
- reusable beeswax wrap or glass /porcelain containers



low-density polyethylene

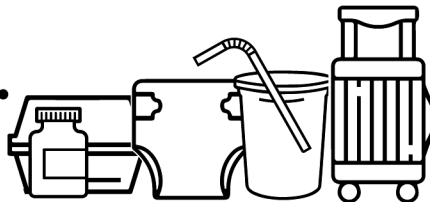


often used in products that can't be recycled

use:
- fabric alternatives
- say "no thanks!" to a plastic bag
- reusable beeswax wrap or glass /porcelain containers



polypropylene

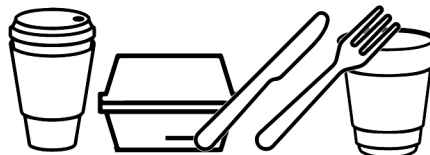


*not recyclable in most US jurisdictions

use:
- reusable straws
- fabric diapers
- cardboard takeout containers



polystyrene



accounts for 35% of all landfill material

*polystyrene is being banned in many U.S. cities & counties!

use:
- reusable coffee cups
- stainless steel takeaway containers
- reusable picnic cutlery



other (acrylic, polycarbonate, polyactic fibers, nylon, fiberglass)



beware of BPA!

avoid using this plastic type

HML developed this cheat sheet to help you navigate the world of plastics, but we recommend you avoid using them all together. Opt for glass, stainless steel, & porcelain containers, fabric alternatives, and reusable bottles, straws, and cutlery. Your actions make a difference!