

Reducing your plastic use can be a challenge.

**When you can't avoid plastic, use this guide to help you make the best decisions for your health and the health of the planet!**

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## WHAT'S IN A NUMBER?



Plastic items are typically stamped with numbers inside chasing arrows. This symbol does not mean the item is recyclable; rather, it identifies the type of resin used to make the item. Some plastic resins are better for your health and the environment, AND are easier to recycle.

2

**BETTER PLASTICS: #1, #2, and #5**  
plastic bottles, tubs, and jugs are less toxic and have strong recycling markets in the US.



**#1 PET**

includes soda and water bottles

**#2 HDPE**

includes shampoo and laundry detergent bottles, milk jugs

**#5 PP**

includes yogurt tubs, souvenir cups

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**OTHER PLASTICS: #4 & #7 PLA**  
can be processed in special collections, but not in single-stream recycling.



**#4 LDPE**

Typically a plastic "film," or bag. Recyclable, but not in curbside, single-stream recycling.



**#7 PLA**

Not recyclable, but is compostable at some industrial compost facilities. Check with your regional composter.

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**WORSE PLASTICS: #3, #6, and #7 & black plastics**  
are toxic to human health and are often not recyclable.



**#3 PVC**

includes some plastic toys, shower curtains, inflatable pools & floats, tubing and pipes



**#6 PS**

includes polystyrene (aka Styrofoam) cups, plates, containers, etc.



**#7 PC**

includes plastic baby bottles, sippy cups, water bottles, car parts



**black plastics**

includes black plastic take-out food containers