

Types of Plastic

	PET Polyethylene Teraphthlate	Water bottles, soft drink bottles, trays in supermarkets	Only safe for one-time use*. <i>Recyclable.</i> Medium hazard.*
	HDPE High Density Polyethylene	Milk and juice bottles, Yoghurt tubs, some tupperware	Safe*, can be reused, <i>Recyclable</i>
	PVC Polyvinyl Chloride	Cordial bottles, clear food packaging, some cling film. Garden furniture etc	Avoid contact with food, especially when heated.*
	LDPE Low Density Polyethylene	Shampoo and washing up liquid, squeezable bottles, plastic bags.	Safe*, some <i>Recyclable.</i> Bags are collected by supermarkets.
	PP Poly- Propylene	Hard plastic, some Tupperware etc. Straws, rope and nets, teabags. Can withstand heat	Safe.* <i>Recyclable.</i>
	PS Poly- Styrene	Expanded Polystyrene (Styrofoam) used for keeping drinks hot or ice cream cold. Trays for meat or fast food.	May contaminate food. <i>Not Recyclable.</i> Avoid.
	Other plastics	Polycarbonate*, nylon, etc. Includes corn starch plastic (PLA) which is compostable but only in industrial digesters.	<i>Not Recyclable.</i>

* These are considered relatively safe. However many plastics leak Bisphenol A (BPA) which mimics oestrogen, and can disrupt our hormone systems. PVC and PS are the worst at contaminating food, but re-used PET water bottles may also leach BPA.



Higher hazard



Medium



Lower hazard

All plastics break down into microscopic particles which may be ingested. Their effect on our bodies and that of wildlife has not been established.