

PICKING SAFER PLASTICS



Oregon
Environmental
Council
It's Your Oregon



Plastics labeled #1

Polyethylene terephthalate (PET or PETE)

No known human health impacts from single use. Commonly recyclable.

Used in: water, sports drink, and soft drink bottles; ketchup and salad dressing bottles; and peanut butter, jam, pickle and jelly jars.



Plastics labeled #2

High density polyethylene (HDPE)

No known human health impacts. Commonly recyclable.

Used in: opaque milk, water, juice and shampoo bottles; yogurt and margarine tubs; cereal box liners; and grocery, trash and retail bags.

Plastics labeled #3

Polyvinyl chloride (V or PVC)

Can leach phthalates, suspected of being reproductive and developmental toxicants, as well as carcinogenic. Suspected endocrine disruptor.

Used in: cosmetics; cling-wrap; flexible cooking oil and window cleaner bottles; peanut butter jars; and flexible plastic toys.



BAD

PLASTICS LABELED #4

Low density polyethylene (LDPE)

Not known to leach chemicals suspected of causing cancer or disrupting hormones, but not as widely recycled as #1 or #2.

Used in: grocery store bags; some bread and frozen food bags; and squeezable bottles.

Plastics labeled #5

Polypropylene (PP)

Not known to leach chemicals suspected of causing cancer or disrupting hormones. Not as widely recycled as #1 or #2.

Used in: rubbermaid, deli soup containers; straws; some ketchup bottles; yogurt and margarine tubs; and clouded plastic containers and baby bottles.



Plastics labeled #6

Polystyrene (PS, Styrofoam)

Benzene, a known human carcinogen, is released in production process. Contains butadiene and styrene—suspected carcinogens.

Used in: styrofoam food trays; egg cartons; disposable cups and bowls; carryout containers; foam insulation; and some toys.



BAD

Plastics labeled #7

Other (sometimes polycarbonate)

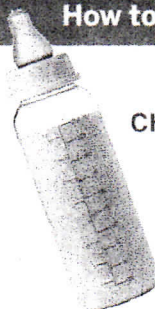
Not all #7 poses a risk. The #7 indicates a mix of plastics, including plant-based plastic alternatives. Avoid clear, hard, unbreakable plastic #7 unless labeled "BPA-free." Clear "polycarbonate" plastic can leach harmful Bisphenol A (BPA) into food and drink. Heat or wear can increase leaching.

Used in: durable plastic cups, pitchers, dishware, utensils and sports bottles.



BAD

How to choose baby bottles



CHOOSE

BPA-free plastic, glass or stainless steel

AVOID

Clear, hard plastic that is not labeled "BPA free"

Baby bottles and sippy cups contain either bisphenol-A (#7 – BAD) or polypropylene (#5 – OKAY). The plastic in polypropylene bottles is usually cloudy and squeezable. Polycarbonate plastic bottles containing bisphenol-A are generally clear and very hard.

Visit our website to see brands of bottles to look for at www.oeconline.org/eco-healthy.

Call your local waste disposal service to find out which plastics can be recycled in your area.

We hope you find these tips useful as you make choices for your family. Download copies of this wallet card and learn more ways you can create and sustain a healthy environment for your family at www.oeconline.org!



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