




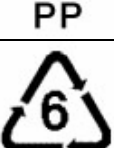



The Take Back Tour Plastics 101 Guide

Plastics are classified by their "resin identification code"—a number from #1 to #7 that represents a different type of resin usually imprinted on the bottom of your container. Flip it upside down, and you'll see a recycling triangle with the number in the middle. Alternatives include glass (lead free), ceramic, and stainless steel.

RESIN #	DESCRIPTION	PRODUCTS	SAFETY VERDICT
 PETE	Polyethylene terephthalate (PET or PETE)	soft drink, water, sports drink, ketchup, and salad dressing bottles, and peanut butter, pickle, jelly and jam jars	GOOD: Not known to leach any chemicals that are suspected of causing cancer or disrupting hormones.
 HDPE	High density polyethylene (HDPE)	Milk, water, and juice bottles, yogurt and margarine tubs, cereal box liners, and grocery, trash, and retail bags.	GOOD: Not known to leach any chemicals that are suspected of causing cancer or disrupting hormones
 PVC	Polyvinyl chloride (V or PVC)	Most cling-wrapped meats, cheeses, and other foods sold in delicatessens and groceries are wrapped in PVC	BAD: To soften into its flexible form, manufacturers add "plasticizers" during production. Traces of these chemicals can leach out of PVC when in contact with foods. According to the National Institutes of Health, di-2-ethylhexyl phthalate (DEHP), commonly found in PVC, is a suspected human carcinogen
 LDPE	Low-density polyethylene (LDPE)	Glad Freezer & Sandwich Bags Saran Cling Plus Ziploc Freezer & Sandwich Bags Glad Cling Wrap & Press'n Seal Wrap	GOOD: Not known to leach any chemicals that are suspected of causing cancer or disrupting hormones
 PP	Polypropylene (PP)	Ziploc Containers Rubbermaid (food storage containers)	GOOD: Not known to leach any chemicals that are suspected of causing cancer or disrupting hormones. OK to use in microwave for limited use.
 PS	Polystyrene (PS)	Foam containers, plates, bowls	BAD: Benzene (used in production) is a known human carcinogen. Butadiene and styrene (the basic building block of the plastic) are suspected carcinogens. DO NOT MICROWAVE
 OTHER	Other (usually polycarbonate)	Baby bottles, microwave ovenware, eating utensils, inside plastic coating for metal cans	BAD: Made with biphenyl-A, a synthetic estrogen and hormone disruptor. Simulates the action of estrogen when tested in human breast cancer studies. Can leach into food as product ages

Adapted from [The Green Guide](http://www.thegreenguide.com/) (National Geographic) *The Resource for Consuming Wisely*. <http://www.thegreenguide.com/>

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