


# A GUIDE TO THE SAFE USE OF PLASTICS

Plastic Code	Plastic Name	General Product Use		Recommendation
<b>#1 PET</b>	Polyethylene Terephthalate	Soft drink bottles, medicine containers.	Yes	Use with caution. Extended recycling can increase the risk of leaching and the design lends itself to harbouring bacterial growth.
<b>#2 HDPE</b>	High Density Polyethylene	Common plastic, usually white in colour. Used in toys, milk/juice bottles, water, detergent, shampoo etc.	Yes	Safe for use
<b>#3 PVC</b>	PPVC or UPVC Polyvinyl Chloride Placticized & Un-Placticized	Cordial, cooking oil, shampoo and detergents, pipe and tubing and wrapping meat.	Yes	<b>Avoid</b> - Found in some clear food packaging. It is the most commonly used plastic in the world and its toxic affects are both dangerous to our health and to the environment.
<b>#4 LDPE</b>	Low Density Polypropylene	Soft flexible plastic used in garbage bags, plastic film wraps and grocery bags.	No	Safe for use
<b>#5 PP</b>	Polypropylene	Hard but flexible, used in ice cream & yoghurt containers, crisp bags, drinking straws, syrup bottles and diapers.	No	Safe for use
<b>#6 PS</b>	Polystyrene & Expanded Polystyrene	Rigged brittle plastic. Take away containers, coffe cups, meat trays and plastic cutlery.	No	<b>Avoid</b> - Usually found in foam cups and containers that may leach styrene which is considered to be a possible human carcinogen also affecting hormones and reproduction
<b>#7 Other</b>	Includes polycarbonate, nylon and acrylic	Babys bottles	No	<b>Avoid</b> – 95% of all baby bottles are currently made of polycarbonate. Consider using glass baby bottles where ever possible.