

## PICKING SAFER PLASTICS



Oregon  
Environmental  
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### 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](http://www.oeconline.org/eco-healthy).

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

**Thank you for safeguarding our children and our environment!**

For more info, visit [www.oeconline.org](http://www.oeconline.org)

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](http://www.oeconline.org)!



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