

Smart Plastics Guide

Healthier Food Uses of Plastics

For Parents and Children

**With your food, use 4, 5, 1 and 2.
All the rest aren't good for you.**

Safer choices for foods and beverages



Avoid



**Except new bio-based plastics labeled as such.*



PETE: Polyethylene terephthalate ethylene, used for soft drink, juice, water, detergent, cleaner and peanut butter containers.



HDPE: High density polyethylene, used in opaque plastic milk and water jugs, bleach, detergent and shampoo bottles and some plastic bags.



PVC or V: Polyvinyl chloride, used for cling wrap, some plastic squeeze bottles, cooking oil and peanut butter jars, detergent and window cleaner bottles.



LDPE: Low density polyethylene, used in grocery store bags, most plastic wraps and some bottles.



PP: Polypropylene, used in most Rubbermaid, deli soup, syrup and yogurt containers, straws and other clouded plastic containers, including baby bottles.



PS: Polystyrene, used in Styrofoam food trays, egg cartons, disposable cups and bowls, carry-out containers and opaque plastic cutlery.



Other: Usually polycarbonate, used in most plastic baby bottles, 5-gallon water bottles, "sport" water bottles, metal food can liners, clear plastic "sippy" cups and some clear plastic cutlery. New bio-based plastics may also be labeled #7.

Source: Institute for Agriculture and Trade Policy, Food and Health Program, www.iatp.org/foodandhealth
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