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Recycling Code & Name	Common Use	Recycle Rate	Recommendation
 Polyethylene Terephthalate (PET)	Plastic bottles (soft drinks, single-use water bottles, sports drinks), food jars, cosmetic containers.	23%	 Designed for single use only. Be careful with products labeled No.1. Extended use increases risk of leaching and bacterial growth.
 High Density Polyethylene (HDPE)	Grocery bags, detergent bottles, milk and juice jugs.	27%	 Appears to be safe
 Polyvinyl Chloride (PVC)	Garden hose, cable sheathing, window frames, blister packs, blood bags, meat wrap.	<1%	 Avoid Nicknamed the <i>Poison Plastic</i> , contains many dangerous toxins.
 Low Density Polyethylene (LDPE)	Heavy duty bags, dry-cleaning bags, bread bags, squeezable bottles, plastic food wrap.	<1%	 Appears to be safe
 Polypropylene (PP)	Medicine bottles, cereal liners, packing tape, straws, potato chip bags.	3%	 Appears to be safe
 Polystyrene (PS)	CD and video cases, plastic cutlery, foam packaging, egg cartons.	<1%	 Avoid May leach styrene, a possible human carcinogen. May be a hormone disruptor.
 Polycarbonate (Other PC)	Baby bottles, water cooler bottles, car parts.	<1%	 Caution Concern with leaching of Bisphenol A which appears to cause chromosomal damage.
Useful Tips: Store food and water in glass or stainless steel containers whenever possible. Minimize or eliminate exposure to plastics with code 1, 3, 6 or 7. Do not use products—especially baby bottles—identified with No. 7.			
Source: www.PlasticFreeBottles.com			