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| Recycling Symbol 1Polyethylene terephtalate (PETE or PET): includes clear plastic soda and water bottles; generally considered OK to use, but don't reuse |
| Recycling Symbol 2 | High density polyethylene (HDPE): includes opaque milk jugs, detergent bottles, juice bottles, butter tubs and toiletry bottles; considered OK to use |
| Recycling Symbol 3 | Polyvinyl chloride (PVC): includes food wrap, cooking oil bottles, and plumbing pipes; do not cook food in these plastics and try to minimize using no. 3 plastics around any type of food (use wax paper instead of plastic wrap and use glass containers in the microwave) |
| Recycling Symbol 4 | Low density polyethylene (LDPE): includes grocery bags, some food wraps, squeezable bottles, and bread bags; considered OK to use |
| Recycling Symbol 5 | Polypropylene: includes most yogurt cups, water bottles with a cloudy finish, medicine bottles, ketchup and syrup bottles, and straws; considered OK to use |
| Recycling Symbol 6 | Polystyrene/Styrofoam: includes disposable foam plates and cups and packing materials; do not cook food in these plastics and avoid using no. 6 plastics around any type of food |
| Recycling Symbol 7 | All other plastics not included in the other categories and mixes of plastics 1 through 6 are labeled with a 7, including compact discs, computer cases, BPA-containing products, and some baby bottles. PLA (polymer polylactide) is a plastic made from plants (usually corn or sugarcane) that is also labeled with a 7. PLA plastics don't contain BPA; no safety concerns have been raised about using PLA plastic with food. Right now, it can be difficult to tell the difference between a PLA no. 7 plastic and a BPA-containing no. 7 plastic. Some PLA plastics may also say "PLA" near the recycling symbol. Others may have a leaf symbol near the recycling symbol. To clear up any confusion, the manufacturers of PLA plastic are working with the American Society for Testing and Materials International, a global group that develops standards, to create a new recycling numbering system that would give PLA plastic its own number.  Do not cook food in no. 7 plastics that aren't PLA and avoid using non-PLA no. 7 plastics around any type of food. |