


# Plastic Recycling Guide for America Recycles Day

Symbol	Polymer Type	Examples	Recyclable	Recycled Into
	PET or PETE* Polyethylene Terephthalate	Water bottles, soft drinks, peanut butter, salad dressing, and vegetable oil containers.	<b>Yes.</b> Easiest to recycle in curbside bins and municipality containers.	Egg cartons, carpet, T-shirts, fleece, etc.
	HDPE* High Density Polyethylene	Milk and juice cartons, detergent containers, and shower gel bottles.	<b>Yes.</b> In curbside bins and municipality containers.	Toys, pails, drums, traffic barrier cones, trashcans.
	V or PVC Polyvinyl Chloride	Plastic pipes, shrink wrap, shower curtains, clear medical tubing, credit cards, and cooking oil bottles.	<b>Very difficult</b> and expensive to recycle. Check recycling references to the right for options.	Vinyl notebooks & sleeves, shoe soles, construction material. boating & docking bumpers, automotive floor mats, etc.
	Low Density Polyethylene	Food bags, some shopping bags, trash bags, magazine wrapping, and cable sheathing.	<b>Limited.</b> Check recycler or municipality guidelines. Shopping bags and films can be recycled at grocery stores. Also, check recycling references to the right for options.	Timbers, trash can liners, shipping envelopes, lumber, floor tiles.
	Polypropylene	Drinking straws, yogurt containers, butter and margarine tubs, and microwave meal trays.	<b>Not commonly recycled.</b> Depending on application and color may be recycled like LDPE (#4). Check for options to the right.	Signal lights, bicycle racks, trays, battery cables, ice scrapers.
	Polystyrene foam – aka Styrofoam	Egg cartons, cups, plastic forks, spoons, and knives.	<b>Not commonly recycled.</b> Check for options to the right.	Egg cartons, foam packing, light switch plates.
	All other resins or mixture of resins	Mixed plastics or multi layer plastics like food containers.	<b>Not commonly recycled.</b> Check for options to the right.	All other resins or mixture of resins.

Remember to clean and dry recyclables!

## Recycling References:

- [Earth911](http://Earth911.com)
- [RecycleNation](http://RecycleNation.com)
- [How2Recycle](http://How2Recycle.com)

