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WELCOME TO

SUSTAINABLE SATURDAY

WITH KINETRIC WELLNESS

LEARN HOW TO MAKE

→ (SMALL) ←

CHANGES

**THAT
MAKE A BIG**

IMPACT

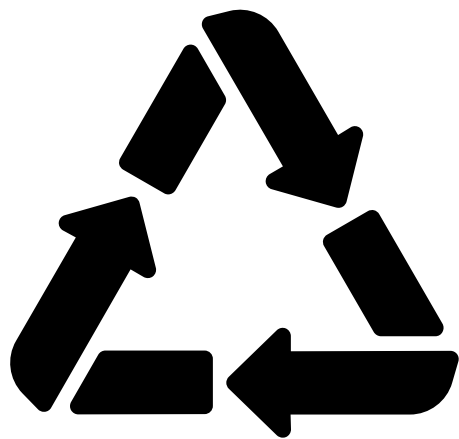
#sustainablesaturdays



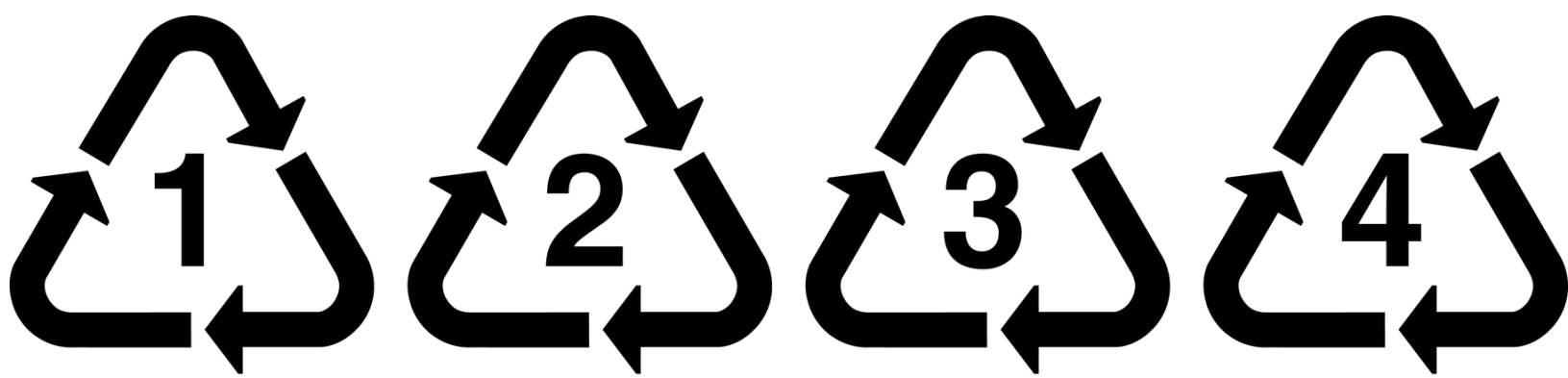
PLASTICS 101

LET'S CONSULT THE NUMBERS

You're probably familiar with the recycle symbol:



But what if we throw some numbers in there? Maybe a few random letters?



PETE

HDPE

V

LDPE



PP

PS

OTHER

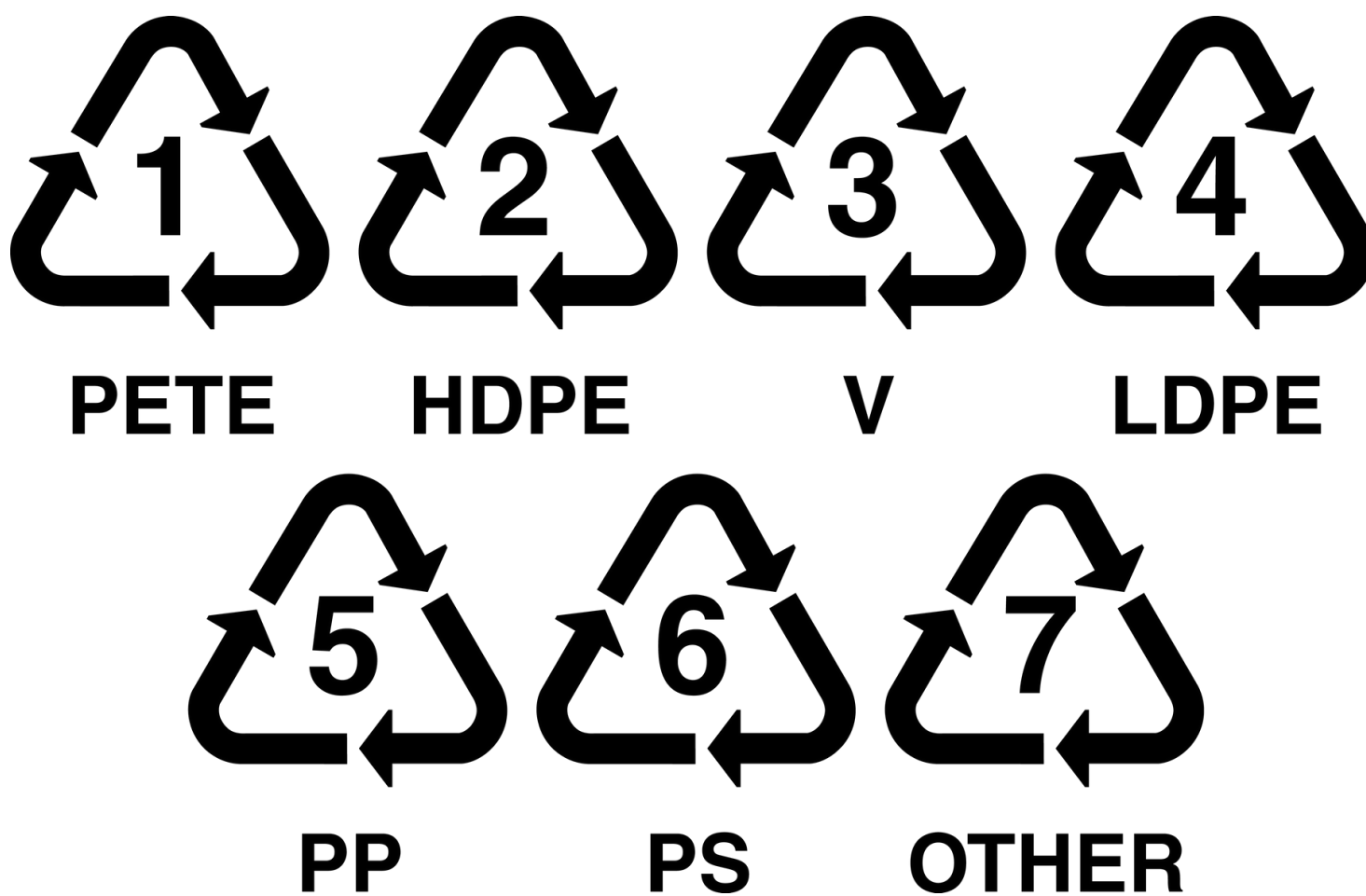
Starting to have algebra flashbacks yet?



PLASTICS 101

LET'S CONSULT THE NUMBERS

These numbers are part of the "resin identification coding system"



They "help" you know what your plastic is made of and "how to recycle them"...in theory.

In practice the average person probably tosses them all in the same bin. Let's see what each one means and if we should avoid some plastics if possible.



PLASTICS 101

POLYETHYLENE TEREPHTHALATE (PET, PETE)



PETE

Probably your most standard plastic and maybe the easier to figure out what to do with.

Where you see it:

- Plastic bottles (like water bottles)
- Food Jars (Peanut Butter Jars & salad dressing bottles)



How/Where to Recycle:

Most curbside recycling programs will take these just make sure they've been emptied and rinsed of any food or oily residues.



PLASTICS 101

HIGH DENSITY POLYETHYLENE



HDPE

Still pretty common, this plastic is a little thicker than PET plastics. Because it has good chemical resistance, it's used for household and industrial chemicals such as detergents and bleach.

Where you see it:

Milk jugs; juice bottles; bleach, detergent & other household cleaners. Some grocery bags.



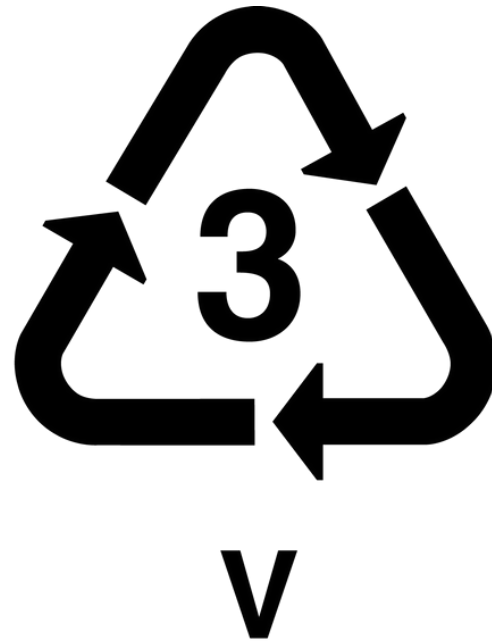
How/Where to Recycle:

Most curbside recycling programs will take these. However plastic grocery bags should not be put in recycling, see if your local grocery has a bag recycling program.



PLASTICS 101

POLYVINYL CHLORIDE (PVC, VINYL)



Sturdy, high impact strength, resistance to grease, oil and chemicals



Where you see it:

When you hear PVC you probably think of pipping but it also comes in shampoo bottles and those annoying blister packs.

How/Where to Recycle:

This is one of the least recyclable plastics, so from here jump try to limit your use if possible.

Check your local recycling center.
(Monmouth Wire and Computer Recycling, Inc. will take #3 plastic.)



PLASTICS 101

LOW DENSITY POLYETHYLENE



LDPE

Tough but flexible and mostly transparent.

A go to for heat sealing applications and mostly used in plastic films



Where you see it:

Squeezable bottles; shopping bags; tote bags; furniture, shrink wrap, produce bags, some toys.

How/Where to Recycle:

Many local retailers (Target, Kohls, Walmart, Lowes) have programs for #4 plastic bags. Your local recycling center may take #4 plastic bottles.



PLASTICS 101

POLYPROPYLENE



PP

The second-most widely produced plastic. Light, heat resistant, often used to hold hot liquids.



Where you see it:

Containers for yogurt, margarine, takeout.

Medicine bottles.

Bottle caps and closures.

Some food bottles like ketchup. automotive parts

How/Where to Recycle:

Some curbside recycling programs do take these but you may have to look elsewhere. Many Whole Foods partner with the "Gimme 5" program to collect #5 Plastics.



PLASTICS 101

POLYSTYRENE



PS

Basically? Styrofoam.

As we've talked about before, this is hard to recycle so best to avoid where possible.

Where you see it:

Besides ridged styrofoam #6 will show up in disposable drinking cups, CD & DVD cases, egg cartons, Food containers to-go and disposable utensils.

How/Where to Recycle:

This definitely isn't a curbside recycle situation. Search Earth911.com for your specific item.

Some things like DVD cases can be shipped out to be recycled (check out our highlights for details)





PLASTICS 101

OTHER... ♪ (ツ) ♪



OTHER

Literally just....whatever is left. This could be new plastic options or plastic composites that are complicated to breakdown.

Where you see it:

Uhhhh...sometimes, three- and five-gallon water bottles, bulletproof materials, sunglasses, DVDs, computer cases, certain food containers, nylon

How/Where to Recycle:

Again I suggest searching Earth911.com for your specific item. Don't entirely rule out your county, they may have options depending on what it is.



PLASTICS 101

FROM MONMOUTH COUNTY RECYCLE GUIDE

"Do Not Recycle, Put in Regular Trash"

Non-Recyclable Plastic Containers:

#3 - #7 Margarine Tubs, Diaper

Wipes, Take-Out Plastics, Bottle Caps

And Straws, Etc

Some plastic containers, even if they have #1 or #2, are made from a different process, and **CANNOT be recycled** at this time.

If the neck is the **same size as the body**, throw them in the regular trash, (along with caps, which are made from yet another, harder plastic to withstand twisting/turning).



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SUSTAINABLE SATURDAY

WITH KINETRIC WELLNESS

**I THINK THE MORAL HERE IS,
JUST...DO YOUR BEST,
and avoid plastic as much
as possible.**

#sustainableaturdays