

Safe Plastics by the Numbers

AVOID	EH...	SAFEST	WHAT & WHY?
			<p>PET or PETE. Thin and clear — soda and water bottles, cooking oils. Never heat. <i>Safe for one use only.</i></p>
			<p>HDPE. Thick and opaque — water jugs, shampoo and detergent containers. Lower risk of leaching, but limit how often you refill.</p>
			<p>V or PVC. Rigid or flexible — bibs, teething rings, mattress covers and sandwich bags. Contains numerous toxic chemicals including lead and phthalates.</p>
			<p>LDPE. Soft and flexible — grocery store bags, plastic wrap and garbage bags.</p>
			<p>PP. Hard yet flexible — diapers, baby bottles, cups, yogurt and ice cream containers. Avoid using in the microwave and dishwasher.</p>
			<p>PS. Rigid — egg cartons, styrofoam cups, opaque plasticware. Can leach styrene, a known neurotoxin with other harmful health effects.</p>
			<p>OTHER. Varies — baby bottles, 5-gallon water jugs. Avoid unless you know exactly which plastics are being used.</p>

“7, 6 and 3 is not for baby and me.”

