

# Quick Start—Plastic Products at a Glance

We created this list as a convenient reference to some everyday food storage containers. It is by no means comprehensive! Look for the products you use by brand name, under the appropriate category heading. We encourage you, as a consumer, to identify the plastics used in your daily life (see How to tell plastics apart, p. 2) and **avoid the ones listed here in red**. Other types of plastic food packaging and other plastic items may not be labeled and can only be identified by contacting the manufacturer. We recommend safer alternative materials and practices in Solutions, p. 8. By choosing NOT to buy plastics, you send a message to food processors and manufacturers, as well as retailers. Make changes wherever and whenever you can!

## Plastic Code Quick Guide:

### Avoid

- #3-PVC
- #6-PS
- #7-Polycarbonate

### Look for

- #1-PETE
- #2-HDPE
- #4-LDPE
- #5-PP

## Cups / Plates / Utensils Containers

- #3 Arrow Clearview Pitcher
- #6 Arrow Measuring Cups
- #3 Arrow Sip-a-Mug (body is PVC, cap is PP)
- #3 Arrow Sip-n-Stor cups
- #5 Bodum brand plastic cutlery (thick, colored)\*
- #6 Chip'n Dip bowl (Ullman)
- #5 Gladware containers
- #7 Intellivent containers with blue lids
- #6 Kingsman Plastic Cutlery (Maryland Plastic)
- #3 Marvin the Martian large squeeze bottle (Betras USA)
- #5 Playtex Spill-Proof Cups
- #5 Playtex Straw Cups
- #7 Rubbermaid Clear Classics container bases\*
- #2 Rubbermaid Pitchers (in colors)
- #5 Rubbermaid EZ Topps
- #5 Rubbermaid Cereal Keeper
- #5 Rubbermaid Servin' Saver
- #5 Rubbermaid Ice Cube bins
- #5 Rubbermaid Grip 'n Mix Bowls
- #5 Rubbermaid Bowl Sets
- #5 Rubbermaid Push 'n Pour Decanters
- #6 All Styrofoam cups and containers
- #6 Sweetheart Plastic Cutlery
- #5 Tupperware bowls (all)
- #5 Tupperware children's feeding lines
- #5 Tupperware Crystal Wave Microwave Container
- #2 Tupperware Freeze-N-Save container
- #2 Tupperware ice cube tray
- #2 Tupperware Ice Tups Set
- #5 Tupperware Impressions line
- #2 Tupperware Jel-Ring mold
- #7 Tupperware Meals-in-Minutes Microsteamer base
- #5 Tupperware Modular Mates
- #5 Tupperware One Touch Canisters
- #5 Tupperware refrigerator and freezer products (except those specified here)
- #7 Tupperware Rock N' Serve containers
- #5 Ziploc containers

## Food Packaging and Storage

**Caution:** Most cling-wrapped meats, cheeses, and other commercially-wrapped foods in delis and grocery stores are wrapped in PVC.

- |                                          |                                                |
|------------------------------------------|------------------------------------------------|
| #4 Glad Cling Wrap                       | #3 Polyvinyl Films Freeze-tite                 |
| #4 Glad-Lock bags                        | #3 Polyvinyl Films Stretch-tite                |
| PVDC Glad Microwave Wrap*                | #3 Reynolds Wrap                               |
| #4 Hefty Baggies                         | #4 Saran with Cling-Plus (formerly Handi-Wrap) |
| #4 Hefty OneZip Slider Bags              | PVDC Saran Classic (formerly Saran Wrap)       |
| #3 Polyvinyl Films All-Purpose Food Wrap | #4 Ziploc bags                                 |

## Baby / Kids' Items

**Caution:** Many baby bottles are polycarbonate; however, they are typically not labeled as such and can only be identified by calling the manufacturer.

- |                                               |                                                                |
|-----------------------------------------------|----------------------------------------------------------------|
| #7 Avent Baby Bottles                         | #5 Medela Baby Bottles and feeders                             |
| #7 Avent Soft Spout Training Cups             | #7 Playtex Cherub, Juice and Trainer Cups                      |
| #5 Evenflo colored Baby Bottles               | #7 Playtex Baby Bottles                                        |
| #7 Evenflo Baby Bottles (clear, untinted)     | #4 Playtex disposable Baby Bottle Liners                       |
| #5 Evenflo Baby Bottles (opaque, pastel)      | #5 Sassy E-Z Grip Cups                                         |
| #3 Evenflo Soft Bite Spoon                    | #5 Sassy E-Z Grip First Feeding Bowls                          |
| #7 Gerber Baby Bottles (clear only)           | #5 Sassy MAM Spill-Proof Cups                                  |
| #3 Gerber Clear and Soft Baby Bottle Nipples* | #7 Sassy MAM 3-Step Baby Bottles                               |
| #5 Gerber Baby Bottles (colored)              | #5 Sip-a-Bowl by Arrow Plastic                                 |
| #5 Gerber's Fun Grips Spill Proof Cups        | #5 Temperature Sensitive Forks and Spoons                      |
| #5 Gerber 'Lil Sport Bottles Spill Proof Cups | #7 The First Years Baby Bottles                                |
| #7 Gerber Looney Toons spill-proof cups       | #7 The First Years Peek-a-Boo Cups                             |
| #7 Gerber Suzy's Zoo spill-proof cups         | #5 The First Years Sesame Street Trainer Cups.                 |
| #5 Ideal Temp Feeding Spoons                  | #5 The First Years Tumble Mates (Spill-Proof and Trainer Cups) |
| #5 Less Mess Toddler Bowls                    | #5 The First Years Winnie the Pooh Trainer Cups                |
| #5 Less Mess Toddler Spoons                   | #7 Tuppercare Baby Bottles                                     |
| #5 Stroll 'N Snack Cups                       |                                                                |
| #5 Medela Baby Cups                           |                                                                |

## Water Bottles

- #7 Most 5 Gallon Bottles for water coolers
- #7 Appalachian Mountain (gallon size)
- #4 Bell Brand Athletic Squeeze Bottles (colors)
- #5 Bell Brand Athletic Squeeze Bottles (clear)
- #5 Rubbermaid Chuggables bottles
- #5 Rubbermaid Sipp 'N Sport bottles

Most 1-, 1.5-, 2-liter (and smaller) beverage bottles are made from #1 or #2

## a note on the Food Packaging on Store Shelves

Since so many manufacturers are converting to plastics for their packages, a lot of items formerly available in glass, paper or metal packages are now available only in plastic! Again, we urge you, as a consumer, to avoid purchasing plastic packaging, especially PVC, PS, and Polycarbonate! Choose glass, paper, or metal whenever possible.

\*These items have been discontinued, but may still be found on store shelves.