

Plastic recycling for your practice

THINKING GREEN

These plastics can usually go in your recycling bin. *



PETE

1. EXAMPLE
Food and drink packaging.



HDPE

2. EXAMPLE
Lids and bottles.



PP

5. EXAMPLE
Hinged plastic lids, yoghurt pots.

Not generally collected by council recycling services.

Can be recycled at some out of home recycling points which can be found at many supermarkets. Check www.recyclenow.com



LDPE

4. EXAMPLE
Lightweight plastic bags some manufacturers still pack frames in.

Check before you chuck!

These can't be recycled in local council schemes but you may be able to collect them and send to schemes like those run by Terracycle.



PS

6. EXAMPLE
Polystyrene packing beads.



OTHER

7. EXAMPLE
Demo lenses made from acrylic or polycarbonate †.

† Not generally collected by council recycling services. There are some specialist companies which will recycle these. Check on the website www.recyclenow.com

3. Also known as PVC, this is not normally recyclable in local collections.



PVC

NOTE. These signs don't indicate whether you can recycle the material.



COMPOSTING. While some signs indicate you can compost a product, not all can be composted at home as temperatures aren't as high as with industrial composting. For home composting look for signs like this:



TOP TIPS

- Rinse plastic that has had food and drink in it so you don't contaminate the recycling process.
- Screw caps on to bottles – don't worry if they aren't the same material. Compress plastic bottles / milk containers BEFORE screwing the lids on to help save space in the recycling truck and improve efficiency.
- Remove packaging tape from paper before recycling.
- Don't 'wishcycle' – if you're not sure, put it in general waste.
- If it has grease from food that can't be removed – put it in general waste.

WHO CAN YOU ASK FOR MORE SPECIFIC INFORMATION? Check your local council for recycling resources for your area. You may find there's an app or a course available.

* Check with your waste provider for the most accurate information on what is recycled in your area.

Explore ABDO's SEE hub for more ideas on sustainability

