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**1 DAY A WEEK
NO
PLASTIC?
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TODAY!**

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Know more about Plastic

Plastic is a wonder and an important material in our economy. Modern daily life is unthinkable without them. Plastics are manufactured materials that come from natural resources like oil, gas and coal (fossil fuels). These resources were formed from plants and animals that lived hundreds of millions of years ago. These fuels will not be replaced for millions of years to come—they are called 'non-renewable' resources. Environmentally, plastic is a growing disaster.

Plastic packaging – plastic bag – is a significant source of landfill waste and is regularly eaten by numerous marine and land animals, to fatal consequences. Synthetic plastic does not biodegrade. It just sits and accumulates in landfills or pollutes the environment. Plastics have become a municipal waste nightmare, prompting local governments all over the world to ban the plastics especially single use.



Today, plastics are indispensable. It is used in homes, offices and industry. They are strong, lightweight, and inexpensive. Right from electrical appliances to kid’s toys; plastic has percolated to every nook and the corner of the globe. In fact, it is important to the life of people in many ways.

Plastic Codes

The Society of the Plastics Industry (SPI) established a classification system in 1988 to allow consumers and recyclers to identify different types of plastic. It is a uniform coding system that can be applied worldwide. There is a way to identify the type of plastic in many everyday products, especially food storage containers and packaging. Such plastic products have a number – the “resin identification code” surrounded by a solid equilateral triangle. The SPI symbol should be molded or embossed into the base and positioned as close to the centre as possible. The recommended size is between one-half inch and one inch, depending on the size of the container. The measurements are for the symbol alone, not including letters. It focuses on resin identification and quality control prior to recycling. The resin identification code indicates the type of plastic that an item is made from.



Decoding Plastic ID Symbols

Recycle Codes	Plastic Names	Common Household Items	Use	Effect on Health/Environment
	PET and PETE - polyethylene terephthalate	Soft-drink bottles, containers for food and other consumer products, water bottles, peanut butter jars	Only intended for one-time use. It can be Recycled	These are porous and has a tendency to collect bacteria and residual substances, which means that reuse of this plastic could be harmful.
	HDPE- high density polyethylene	Milk and juice bottles, dishwashing and laundry detergent, grocery bags	Recycled plastic as it does not break under pressure to extreme heat or cold	Very safe and are not known to leach any chemicals into drinks and food.

 <p>03 PVC</p>	<p>PVC – Vinyl or polyvinyl chloride</p>	<p>Bottles, food trays, rigid sheets used for packaging, electrical insulation, irrigation pipes</p>	<p>Not often recycled and can be harmful if ingested.</p>	<p>“Poison plastic” because it contains toxins which are harmful to health and the environment. It is considered highly dangerous to cook food items around or store them in</p>
 <p>4 LDPE</p>	<p>LDPE - low-density polyethylene</p>	<p>Squeeze bottles, wire insulation, grocery bags, trash bags, food storage bags, plastic cling wrap, sandwich bags</p>	<p>Not commonly recycled, but it is recyclable in certain areas. Recycled LDPE is used to make garbage cans, lumber, furniture, and many other products</p>	<p>This kind of plastic is considered widely safe for the regular storage use</p>
 <p>05 PP</p>	<p>PP - polypropylene</p>	<p>Fruit and vegetable packages, bottle caps, drinking straws, cups, baby bottles, kitchenware, and microwavable plastic containers</p>	<p>This type of plastic is strong and can usually withstand higher temperatures.</p>	<p>Very safe for storage uses and is also widely accepted for recycling</p>
 <p>6 PS</p>	<p>PS - polystyrene</p>	<p>Packaging, CD covers, Styrofoam, egg cartons, packing “peanuts,” plastic tableware, carryout containers, disposable coffee cups, plastic food boxes, plastic cutlery, packing foam</p>	<p>It can be recycled, but not efficiently; recycling it takes a lot of energy</p>	<p>It is lightweight and easy to form into plastic materials, it also breaks easily, making it more harmful to the environment. It is speculated to be highly dangerous as it leaches potentially toxic chemicals - especially when heated</p>
 <p>7 OTHER</p>	<p>A combination of plastics, or none of the above. Polycarbonate and polylactide are included in this category</p>	<p>Items already made from recycled goods, semi-rigid food storage, drinking cups, plastic CDs and DVDs</p>	<p>These types of plastics are difficult to recycle</p>	<p>BPA (bisphenol A) products fall into this category. BPA is an industrial chemical that has been used to make certain plastics and resins. Some research has shown that BPA can seep into food or beverages from containers that are made with BPA. Exposure to BPA is a concern because of possible health effects. Better to avoid this category of plastics.</p>

Ways to Use Less Plastic Every Day

Use glass or stainless steel water bottles instead of plastic water bottles. These can easily be re-used and would reduce exposure of drinking water to chemicals.

Start using reusable bags made of canvas, cotton, hemp, leather, fiber, non-woven fabric bags and woven plastic bags instead of plastic or paper bags. Carry your own bags to supermarkets.

Replace plastic food storage containers with safer stainless steel or glass containers. Or use unbreakable options like silicone. Silicone is highly durable, not biodegradable, but it can be recycled easily.

Avoid food packed in plastics. Choose cardboards. It is easier to recycle cardboard than plastic, These paper products bio-degrade more easily.

Avoid single use plastics. Say no to plastic straws, single plastic bags, disposable plastic lighters, disposable razor, single use plastic pens, disposable diapers, disposable serveware and many one time use articles. Better to use, reuse article.

Better to buy wooden toys or board or card games for children. Plastic causes many health issues in children.

Check labels on personal care products. They may contain tiny plastic beads. Avoid anything with “Polyethylene” listed as an ingredient.

Compost your food waste. It is a simple, eco-friendly measures one can take towards creating a hassle-free, safe garbage disposal process – composting.

Shopping elsewhere than a supermarket. Shop online using a farm-to-door delivery service or shop at farmers markets.

Avoid non-stick cookware. Utensils coated with Teflon and other resins pose health threats over a period of continuous usage. Teflon is the registered trade name of the plastic material polytetrafluoroethylene (PTFE). PTFE is one of a class of plastics known as fluoropolymers.

Go for products that do not come in plastic.

Try to reduce, reuse and recycle as much as you can

