



Jamieson Kirk

# Living with plastic

Plastic type	Symbol	Recyclability
Polyethylene Terephthalate – PETE or PET (recycling #1)	u  PET	Good
High Density Polyethylene – HDPE (recycling #2)	 HDPE	Good
Polyvinyl Chloride – V or PVC (recycling #3)	 PVC  V	Low
Low Density Polyethylene – LDPE (recycling #4)	 LDPE	Low
Polypropylene – PP (recycling #5)	 PP	Good
Polystyrene – PS (recycling #6)	 PS	Very Low
Others – O (recycling #7)	 OTHER	Very Low

Type of food	Best Option	Image	Where can I buy it?
Leftovers to be reheated in the microwave	Glass container with bamboo, stainless steel or lass lid		Seed & Sprout Co
Leftovers to be reheated on the stove or in the oven	Stainless steel airtight container		Seed & Sprout Co
Leftover salad in salad bowl	Beeswax wrap cover / silicone food pouch / reusable stretch lids		Seed & Sprout Co, Mind your bees Wraps
Cold food	Stainless steel container (airtight or not, depending on the food)		Seed & Sprout Co, Avanti (Kitchenware.com.au)

Type of food	Best Option	Image	Where can I buy it?
Wet food	Glass jar or stainless steel airtight container		Weck ( <a href="http://Kitchenware.com.au">Kitchenware.com.au</a> )
Warm food	Stainless steel insulated container		Oasis, Lunchbots ( <a href="http://Kitchenware.com.au">Kitchenware.com.au</a> )
Muffins or potatoes	Glass, ceramic or stainless steel bowl with fabric bowl cover and fresh produce bags		Retrokitchen ( <a href="http://Kitchenware.com.au">Kitchenware.com.au</a> ) Seed & Sprout Co
Food to be frozen	Stainless steel airtight container or glass jars with at least an inch for expansion		Glasslock ( <a href="http://Kitchenware.com.au">Kitchenware.com.au</a> )

Type of food	Best Option	Image	Where can I buy it?
Smaller portions of food to be frozen (baby food, concentrated broth, herbs)	Stainless steel ice cube tray		Onyx ( <a href="http://biome.com.au">biome.com.au</a> )
Bread	Depending on how crunchy you like it, a bread bag might suffice or a beeswax wrap or stainless steel airtight container		Seed & Sprout Co
Flour, grains or pasta purchased in bulk	Glass, ceramic or stainless steel airtight container		Seed & Sprout Co
Cookies, loose leaf tea, spices	Tins, large or small		Random tins collected in life



‘Many small acts  
make a difference’

- Abigail Forsyth, CoFounder of KeepCups and Managing  
Director

# Start the RRRR pledge

**REFUSE** disposable plastic whenever and wherever possible. Choose items that are not packaged in plastic and carry your own bags, containers and utensils

**REDUCE** your plastic footprint. Cut down on your consumption of goods that contain excessive plastic packaging and parts. If it will leave behind plastic trash, don't buy it.

**REUSE** durable, non-toxic straws, utensils, to-go containers, bottles, bags and other everyday items. Choose glass, paper, stainless steel, wood, ceramic and bamboo over plastic.

**RECYCLE** what you can't refuse, reduce or reuse.