Quick Guide to Safe Plastics

All plastics are not the same. Some are safer than others. When plastics come in contact with food and water, they can leak certain chemicals. The Growing Up Healthy Pocket Guide to Plastics can be used while shopping to help make the best choices for you and your family.

Check the symbol on the bottom of plastic items before you buy.

The safer plastic choices for food and beverages:

- **PETE** (1)
- **HDPE** (2)
- **LDPE** (4)
- **PP** (5)

Plastics to try to avoid:

- **V** (3) (Usually PVC or vinyl)
- **PS** (6) (Usually Styrofoam)
- **OTHER** (7)

Other tips for the safe use of plastics:

1. Try not to use plastic containers in the microwave. If you can, it’s safer to use glass or ceramic containers.
2. Beware of using plastic wraps in the microwave. A safer choice is waxed paper.
3. Try to reduce your use of products made of PVC, vinyl or Styrofoam.

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