




Good Market Packaging Guide

 Recommended

 Not permitted for ready-to-eat food and drink

 Not permitted at Good Market

REUSABLE (no waste!)

Type
Collected & Reused: glass, stainless steel (304 food grade), ceramics with lead-free glaze, terracotta, wood, bamboo, basketry

BIODEGRADABLE (listed from better to worse)

Type	Positive	Negative
Edible: bread bowl, waffle cone or bowl	<ul style="list-style-type: none"> No waste 	
Natural: banana leaf, lotus leaf, areca leaf, coconut shell	<ul style="list-style-type: none"> Local. Minimal energy to produce and transport Can be fully composted 	
Paper & Cardboard: recycled material	<ul style="list-style-type: none"> Increases demand for recycling, minimizes deforestation Can be fully composted 	<ul style="list-style-type: none"> Requires energy to produce and transport
Paper & Cardboard: chlorine-free, unbleached	<ul style="list-style-type: none"> No dioxin, reduced pollution Can be fully composted 	<ul style="list-style-type: none"> Can contribute to deforestation Requires energy to produce and transport
Paper & Cardboard: white	<ul style="list-style-type: none"> Can be fully composted 	<ul style="list-style-type: none"> Chlorine bleaches contribute to water pollution and production of dioxin, a persistent organic pollutant and powerful carcinogen that bioaccumulates in animals Can contribute to deforestation Requires energy to produce and transport
Bioplastics: compostable plastics made from plants	<ul style="list-style-type: none"> Can be fully composted 	<ul style="list-style-type: none"> Production of raw material requires land that could be used for food or conservation May not be compostable at home, may require industrial compost facilities Requires energy to produce and transport
Newspaper	<ul style="list-style-type: none"> Recycled material 	<ul style="list-style-type: none"> Ink contains lead and other toxins. Should not be used for food or organic compost

RECYCLABLE (listed from better to worse)

Type	Positive	Negative
Glass	<ul style="list-style-type: none"> Nonreactive. No leaching Can be reused Easy to recycle, often contains recycled content 	<ul style="list-style-type: none"> Heavy, more energy for transport Requires significant energy to manufacture from raw materials
Aluminum	<ul style="list-style-type: none"> Lightweight, less energy for transport Easy to recycle, often contains recycled content 	<ul style="list-style-type: none"> Requires significant energy to extract and manufacture from raw material Bauxite mines cause environmental damage Some concerns about aluminum leaching Aluminum cans may be lined with bisphenol A (BPA), a hormone disruptor that is linked to reproductive health issues
Plastic: recycled	<ul style="list-style-type: none"> Increases demand for 	<ul style="list-style-type: none"> Can contribute to environmental pollution

material	recycling, reduces material use	<ul style="list-style-type: none"> Concerns about chemical leaching Requires energy to produce and transport
Plastic: oxo-biodegradable	<ul style="list-style-type: none"> Breaks down more quickly when exposed to oxygen & water which can reduce solid waste pollution 	<ul style="list-style-type: none"> Can leave behind toxic residue after degrading Doesn't degrade under all conditions Made from non-renewable petroleum Requires energy to produce and transport Concerns about chemical leaching
Plastic #2: High Density Polyethylene (HDPE)	<ul style="list-style-type: none"> Less leaching than other plastics, easier to reuse Accepted by most recyclers 	<ul style="list-style-type: none"> Made from non-renewable petroleum Can contribute to environmental pollution Requires energy to produce and transport Concerns about chemical leaching
Plastic #5: Polypropylene (PP)	<ul style="list-style-type: none"> Less leaching than other plastics, easier to reuse, resistant to heat 	<ul style="list-style-type: none"> Can't be recycled at all facilities Made from non-renewable petroleum Can contribute to environmental pollution Requires energy to produce and transport Concerns about chemical leaching
Plastic #4: Low Density Polyethylene (LDPE)	<ul style="list-style-type: none"> Less leaching than other plastics, easier to reuse Accepted by most recyclers (except plastic bags and plastic film) 	<ul style="list-style-type: none"> Plastic bags and film cannot be easily recycled. Made from non-renewable petroleum Can contribute to environmental pollution, harms marine life Requires energy to produce and transport Concerns about chemical leaching
Plastic #1: Polyethylene Terephthalate (PET)	<ul style="list-style-type: none"> Accepted by most recyclers 	<ul style="list-style-type: none"> Intended for one-time use, should not be reused, refilled or heated. Heat and detergents can cause antimony and other toxic chemicals to leach Made from non-renewable petroleum Contributes to environmental pollution Requires energy to produce and transport

Problem packaging

Type	Negative
Composites: layers of plastic, paper & foil	<ul style="list-style-type: none"> Extremely difficult to recycle Contributes to environmental pollution May have health impacts from chemical leaching
Single-use plastic lunch sheets and shopping bags	<ul style="list-style-type: none"> Unnecessary. Can be replaced by reusable or biodegradable alternatives Difficult to recycle. Contributes to environmental pollution, harms marine life Made from non-renewable petroleum. Requires energy to produce and transport Concerns about chemical leaching
Plastic #3: Polyvinyl Chloride (PVC)	<ul style="list-style-type: none"> Difficult to recycle Contains phthalates, a hormone disruptor linked to reproductive health issues Dioxin released during manufacturing process. Dioxin is a persistent organic pollutant and a powerful carcinogen that bio-accumulates in animals Made from non-renewable petroleum Contributes to environmental pollution
Plastic #6: Polystyrene (PS) also known as regifoam or styrofoam	<ul style="list-style-type: none"> Difficult to recycle. Takes at least 500 years to degrade Contains styrene, a known neurotoxin and carcinogen. Made from non-renewable petroleum Contributes to environmental pollution