
















Note: see info page for detail on types of plastics

# The GOforChange Plastic Tracker BETA

Q.1: what was in it?

Q.2: where did I get it?

Q.3: where did I put it?

 PET		 HDPE		 Vinyl		 LDPE		 PP		 P5		 Other	
<b>Bottles</b>		Type <input type="checkbox"/> #	Date	Date	Date								
Sports 	<input checked="" type="checkbox"/>	Q.1: what was in it?	Q.1	Q.1									
	<input type="checkbox"/>	Q.2: where did I get it?	Q.2	Q.2									
	<input type="checkbox"/>	Q.3: where did I put it?	Q.3	Q.3									
Liquids drinks shampoo 	<input checked="" type="checkbox"/>	Q.1: what was in it?	Q.1	Q.1									
	<input type="checkbox"/>	Q.2: where did I get it?	Q.2	Q.2									
	<input type="checkbox"/>	Q.3: where did I put it?	Q.3	Q.3									
Cleaning 	<input checked="" type="checkbox"/>	Q.1: what was in it?	Q.1	Q.1									
	<input type="checkbox"/>	Q.2: where did I get it?	Q.2	Q.2									
	<input type="checkbox"/>	Q.3: where did I put it?	Q.3	Q.3									
<b>Bags</b>		Type <input type="checkbox"/> #	Date	Date	Date								
Food Storage 	<input checked="" type="checkbox"/>	Q.1: what was in it?	Q.1	Q.1									
	<input type="checkbox"/>	Q.2: where did I get it?	Q.2	Q.2									
	<input type="checkbox"/>	Q.3: where did I put it?	Q.3	Q.3									
Shopping 	<input checked="" type="checkbox"/>	Q.1: what was in it?	Q.1	Q.1									
	<input type="checkbox"/>	Q.2: where did I get it?	Q.2	Q.2									
	<input type="checkbox"/>	Q.3: where did I put it?	Q.3	Q.3									
<b>Containers</b>		Type <input type="checkbox"/> #	Date	Date	Date								
Yogurt or sim. 	<input checked="" type="checkbox"/>	Q.1: what was in it?	Q.1	Q.1									
	<input type="checkbox"/>	Q.2: where did I get it?	Q.2	Q.2									
	<input type="checkbox"/>	Q.3: where did I put it?	Q.3	Q.3									
Jar 	<input checked="" type="checkbox"/>	Q.1: what was in it?	Q.1	Q.1									
	<input type="checkbox"/>	Q.2: where did I get it?	Q.2	Q.2									
	<input type="checkbox"/>	Q.3: where did I put it?	Q.3	Q.3									
Foam Carry-out 	<input checked="" type="checkbox"/>	Q.1: what was in it?	Q.1	Q.1									
	<input type="checkbox"/>	Q.2: where did I get it?	Q.2	Q.2									
	<input type="checkbox"/>	Q.3: where did I put it?	Q.3	Q.3									






















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<b>Plastic Wrap</b>		Type  #	Date	Date	Date								
Food 			Q.1: what was in it?	Q.1	Q.1								
		○ ○ ○ ○	Q.2: where did I get it?	Q.2	Q.2								
		○ ○ ○ ○	Q.3: where did I put it?	Q.3	Q.3								
Clothes 			Q.1: what was in it?	Q.1	Q.1								
		○ ○ ○ ○	Q.2: where did I get it?	Q.2	Q.2								
		○ ○ ○ ○	Q.3: where did I put it?	Q.3	Q.3								
Other 			Q.1: what was in it?	Q.1	Q.1								
		○ ○ ○ ○	Q.2: where did I get it?	Q.2	Q.2								
		○ ○ ○ ○	Q.3: where did I put it?	Q.3	Q.3								
<b>Eat Ware</b>		Type  #	Date	Date	Date								
Cups 			Q.1: what was in it?	Q.1	Q.1								
		○ ○ ○ ○	Q.2: where did I get it?	Q.2	Q.2								
		○ ○ ○ ○	Q.3: where did I put it?	Q.3	Q.3								
Cutlery 			Q.1: what was in it?	Q.1	Q.1								
		○ ○ ○ ○	Q.2: where did I get it?	Q.2	Q.2								
		○ ○ ○ ○	Q.3: where did I put it?	Q.3	Q.3								
Plates 			Q.1: what was in it?	Q.1	Q.1								
		○ ○ ○ ○	Q.2: where did I get it?	Q.2	Q.2								
		○ ○ ○ ○	Q.3: where did I put it?	Q.3	Q.3								

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## Types of Plastic



**PET**

1: PET (polyethylene terephthalate): plastic soft drink bottles, water bottles, beer bottles, mouthwash bottles and many more



**HDPE**

2: HDPE (high density polyethylene): milk bottles, detergent bottles, oil bottles, toys, plastic bags



**Vinyl**

3: PVC (polyvinyl chloride): food wrap, vegetable oil bottles, blister packaging



**LDPE**

4: LDPE (low density polyethylene): bread bags, frozen food bags, squeezable bottles, fiber, tote bags, bottles, clothing, furniture, carpet, shrink-wrap, garment bags



**PP**

5: PP (polypropylene): margarine and yogurt containers, caps for containers, wrapping to replace cellophane



**PS**

6: PS (polystyrene): egg cartons, fast food trays, disposable plastic silverware



**Other**

7: Other: This code indicates that the item is made with a resin other than the six listed above, or a combination of different resins.

source: <http://greennature.com/article2158.html>

## Plastic Tips and Facts

1. The lower the type #, the easier it is to recycle.
2. I NEVER reheat any food in a plastic container. There are people on both sides of this issue, but some chemicals in plastics are unstable and heating them can release them into your food.
3. For same reason as above, avoid storing acidic foods in plastic; use glass containers instead.
4. Same again for avoiding keeping plastic water bottles in your car.
5. Did you know that bottled water costs 1,900 times the cost of tap water?
6. Worldwide, 1,500 plastic bottles end up in the trash every second.
7. 17,000,000 barrels of oil are needed to produce water bottles each year.
8. Yearly production of water bottles emits 2,500,000 tons of carbon dioxide, a powerful greenhouse gas