



EcoNugget

Eco-friendly Packaging

When shopping, remember to look for **eco-friendly packaging**.

- An item with no packaging is best. If packaging is unavoidable, **reusable containers** or naturally occurring materials are best, such as paper or compostable materials.
- Is plastic recyclable? Some types are, but only once, as the polymers break down when heated. Plastic breaks down to form **microplastics**, which are toxic to wildlife and likely people as well.
- Metal or glass can be recycled many times but require higher temperatures to recycle than plastic. But no toxic microplastics are made. New metal requires mining, so recycled metal is better.
- For more on eco-friendly packaging:
<https://www.environment911.org/What-You-Need-to-Know-About-Eco-friendly-Packaging>

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