
















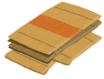





Recycling at home

Type of plastic	Typically used for	Is it easy to recycle?
 PET	<ul style="list-style-type: none"> • Labels 	Yes, widely collected* 
 HDPE	<ul style="list-style-type: none"> • Bottles • Ready-to-hang containers • Optri bottles • Flexitainers • Some caps / lids • Tubs 	Yes, widely collected* 
 LDPE	<ul style="list-style-type: none"> • Some caps / lids  • Flocare containers  • Sachets 	Varies: * <ul style="list-style-type: none"> • Some can be recycled in specialist centres (i.e. soft plastics)  • Others cannot be recycled as materials are hard to separate
 PP	<ul style="list-style-type: none"> • Some caps / lids • Shakers (multi-use) • Scoops (multi-use) 	Yes, widely collected* 
 OTHER	<ul style="list-style-type: none"> • Some giving sets  • Some feeding tubes 	Hard: * <ul style="list-style-type: none"> • Requires specialist centres  • If mixed plastics = not recyclable
 Cartons	<ul style="list-style-type: none"> • Increasing number of Oral Nutritional Supplements 	Hard (but marketed as easy): * <ul style="list-style-type: none"> • Only 68% Local Authorities collect, of which only 20% have multi-stream processing so can actually recycle 
 Aluminium	<ul style="list-style-type: none"> • Cans / tins 	Yes, widely collected* 
 Cardboard	<ul style="list-style-type: none"> • Trays / sleeves 	Yes, widely collected* 

**Always check with your Local Authority to see what can be recycled and how*

Recycling tips

- Discard the seals under the lids of plastic ONS bottles.
- Wash out the ONS bottles/cartons, squash and screw the lid back on - this helps the recycling processing machines detect and sort the products into the correct stream.
- Take recyclable ONS sachets (check packaging) along with other 'soft plastics', to a front-of-store supermarket collection point.

