

Your packaging recycling guide



What is it	What to do	Why we use it
Cool bag	General waste	We're moving to a new cool box & no longer accept returns. Pssst why not upcycle them in your garden!
NEW! Cool box!	Recycle	It's cool. It's even better for the environment. It's fully recyclable from home. Yay!
Brown bags (stickers on)	Recycle	All your ingredients are inside - just grab & go
Magazine	Recycle or give to a friend	It's got all your recipes in (and useful info like this!)
Tomato & mushroom punnets	Recycle	Stops smaller ingredients getting damaged
Meat & fish cardboard sleeves	Recycle	Prevents piercing & breakage
Egg boxes	Recycle	No one wants a broken egg :(
Spice, nut & antipasti pots	Rinse & Recycle (Just not the lids!)	Lovely exact portions
Tins	Rinse & Recycle	A recycling hero - tins can be used again & again!
Protein trays	Rinse & Recycle	Keeps them airtight & bacteria out
Tape, plastic film, sachets & vacuum packs	General waste	We're working on this! More at blog.mindfulchef.com
Cartons e.g. passata & cashew cream	Check your local recycling tetrapakrecycling.co.uk	Lightweight & preservative-free to keep your food fresh
Ice packs	Recycle (along with your carrier bags) at larger supermarkets	The gel inside can safely go down the sink & the plastic keeps the chill safe and sound



Please use this to ensure as much of our packaging as possible is recycled.

