

# Your packaging recycling guide

| What is it                    | What to do                                                                                         | Why we use it                                                                                                                                 |
|-------------------------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| Box                           | Recycle                                                                                            | It safely gets your meals to you                                                                                                              |
| Cool box                      | Recycle                                                                                            | It's cool, better for the environment and fully recyclable from home. Yay!                                                                    |
| Insulation                    | General waste (or upcycle)                                                                         | It's safe, upcyclable, and keeps frozen items chill                                                                                           |
| Recipe bags (stickers on)     | Recycle                                                                                            | Everything for your meal in one place, plus they stop things from rolling around                                                              |
| Magazine                      | Keep your favourite recipes, give to friend, or recycle                                            | All your recipes for that week are in it, plus the latest news, tips and updates from us                                                      |
| Tomato punnets                | Compost the punnet (or pop in your general waste). Recycle the plastic at large supermarkets.      | Your punnet is so good for the planet it's made from tomato vine leaves. Watch this space as we're exploring using these for the plastic too! |
| Mushroom punnets              | Recycle the card & pop the film in general waste                                                   | It keeps food fresh and safe, all while reducing waste                                                                                        |
| Meat & fish sleeves & trays   | Recycle                                                                                            | Sleeves prevent piercing and breakage. Trays are airtight, ensuring the protein stays fresh                                                   |
| Vacuum packed meat & fish     | General waste                                                                                      | We're working to find a recyclable solution as not many materials can replace this                                                            |
| Egg boxes                     | Recycle                                                                                            | No one wants a broken egg :(                                                                                                                  |
| Veg & herbs                   | Recycle (larger supermarkets) (except cucumber packaging)                                          | Keeps your veg and herbs fresh                                                                                                                |
| Spice, nut and antipasti pots | Rinse and recycle, or use again as tupperware!                                                     | Exact portions for no food waste                                                                                                              |
| Yoghurt sachets               | Recycle (larger supermarkets)                                                                      |                                                                                                                                               |
| Vinegar, pastes & oils        | General waste                                                                                      |                                                                                                                                               |
| Tins                          | Rinse & recycle                                                                                    | A recycling hero - tins can be used again and again                                                                                           |
| Rice, grains, pasta & flour   | Recycle                                                                                            | We've switched this from plastic to paper                                                                                                     |
| Tape                          | General waste                                                                                      | Keeps your box secure                                                                                                                         |
| Cartons (eg passata)          | Check your local recycling at <a href="http://tetrapakrecycling.co.uk">tetrapakrecycling.co.uk</a> | Lightweight and preservative-free to keep your food fresh                                                                                     |
| Ice packs                     | General waste                                                                                      | Keeps the ingredients safe and sound                                                                                                          |



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

