

# 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.

