



My Food Bag

Regional Recycling Guide

Introduction:

Welcome to the *My Food Bag Regional Recycling Guide*.

We know our foodies are passionate about correctly recycling their packaging, which we absolutely love because we're passionate about recycling and reusing too! We're working hard internally and with our suppliers to find new solutions and to reduce our current sources of packaging. In the meantime, we want to do everything we can to help our foodies dispose of everything in their boxes in the best way possible.

What do I use this for?

There is a lot of variety across New Zealand in terms of what is or isn't recyclable. Sometimes it can be really confusing to know if you can recycle something or not. We wanted to change that!

We've done the hard work and broken down what can be recycled in your local region here so that you can be confident in what you put into your recycling bin. You can also find more general nationwide information here: <https://www.myfoodbag.co.nz/sustainability/our-packaging>

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Auckland Recycling Guide

Here is a breakdown of how to recycle your box and packaging in Auckland. You can find further information [here](#).

Region	Auckland
Plastic Container body #5 (e.g. Sauce Containers)	Curb Side Recycling (Make sure it's clean)
Plastic container lids (e.g. Sauce Container Lids)	Curb Side Recycling (Make sure it's clean)
Ice Packs Exterior - Soft Plastic	Find a soft plastic recycling bin at your local supermarket
Ice packets interior - Tap Water	Water your garden, pour it down the sink, donate icepacks.
Wool pouch	Compostable/biodegradable at home, or donate to a local charity
Wool pouch plastic outing - soft plastics	Find a soft plastic recycling bin at your local supermarket
Cardboard Box (flattened)	Curb side recycling
Spice packets - interior (soft plastic)	Find a soft plastic recycling bin at your local supermarket
Spice packets - exterior (paper)	Curb side recycling
MADE meals (PET) - Plastics 1	Curb side recycling
MADE meal lids - Soft Plastic	Find a soft plastic recycling bin at your local supermarket



Christchurch Recycling Guide

Here is a breakdown of how to recycle your box and packaging in Christchurch. You can find further information [here](#).

Region	Christchurch
Plastic Container body #5 (e.g. Sauce Containers)	Curb Side Recycling (Make sure it's clean)
Plastic container lids (e.g. Sauce Container Lids)	Not currently curbside recyclable
Ice Packs Exterior - Soft Plastic	No soft plastic recycling scheme currently
Ice packets interior - Tap Water	Water your garden, pour it down the sink, donate icepacks.
Wool pouch	Compostable/biodegradable at home, or donate to local charities
Wool pouch plastic outing - soft plastics	No soft plastic recycling scheme currently
Cardboard Box (flattened)	Curb side recycling
Spice packets - interior (soft plastic)	No soft plastic recycling scheme currently
Spice packets - exterior (paper)	Curb side recycling
MADE meals (PET) - Plastics 1	Curb side recycling
MADE meal lids - Soft Plastic	No soft plastic recycling scheme currently



Wellington Recycling Guide

Here is a breakdown of how to recycle your box and packaging in Wellington. You can find further information [here](#).

Region	Wellington
Plastic Container body #5 (e.g. Sauce Containers)	Curb Side Recycling (Make sure it's clean)
Plastic container lids (e.g. Sauce Container Lids)	Yes
Ice Packs Exterior - Soft Plastic	Find a soft plastic recycling bin at your local supermarket
Ice packets interior - Tap Water	Water your garden, pour it down the sink, donate icepacks.
Wool pouch	Compostable/biodegradable at home, or donate to local charities
Wool pouch plastic outing - soft plastics	Find a soft plastic recycling bin at your local supermarket
Cardboard Box (flattened)	Curb side recycling
Spice packets - interior (soft plastic)	Find a soft plastic recycling bin at your local supermarket
Spice packets - exterior (paper)	Curb side recycling
MADE meals (PET) - Plastics 1	Curb side recycling
MADE meal lids - Soft Plastic	Find a soft plastic recycling bin at your local supermarket



North Island Recycling Guides

Here is a breakdown of how to recycle your box and packaging. You can find further information [here](#).

Region	Tauranga	Hamilton	Taupo
Plastic Container body #5 (e.g. Sauce Containers)	No	No	No
Plastic container lids (e.g. Sauce Container Lids)	No	No	No
Ice Packs Exterior - Soft Plastic	Find a soft plastic recycling bin at your local supermarket	Find a soft plastic recycling bin at your local supermarket	Find a soft plastic recycling bin at your local supermarket
Ice packets interior - Tap Water	Water your garden, pour it down the sink, donate icepacks.	Water your garden, pour it down the sink, donate icepacks.	Water your garden, pour it down the sink, donate icepacks.
Wool pouch	Compostable/biodegradable at home, or donate to local charities	Compostable/biodegradable at home, or donate to local charities	Compostable/biodegradable at home, or donate to local charities
Wool pouch plastic outing - soft plastics	Find a soft plastic recycling bin at your local supermarket	Find a soft plastic recycling bin at your local supermarket	Find a soft plastic recycling bin at your local supermarket
Cardboard Box (flattened)	No curb side recycling - CAN Recycle at Refuse Transfer Stations	Curb side recycling	Curb side recycling
Spice packets - interior (soft plastic)	Find a soft plastic recycling bin at your local supermarket	Find a soft plastic recycling bin at your local supermarket	Find a soft plastic recycling bin at your local supermarket
Spice packets - exterior (paper)	No curb side recycling - CAN Recycle at Refuse Transfer Stations	Curb side recycling	Curb side recycling
MADE meals (PET) - Plastics 1	No curb side recycling - CAN Recycle at Refuse Transfer Stations	Curb side recycling	Curb side recycling
MADE meal lids - Soft Plastic	Find a soft plastic recycling bin at your local supermarket	Find a soft plastic recycling bin at your local supermarket	Find a soft plastic recycling bin at your local supermarket



North Island Recycling Guides

Here is a breakdown of how to recycle your box and packaging. You can find further information [here](#).

Region	Gisborne	Taranaki
Plastic Container body #5 (e.g. Sauce Containers)	Not curbside recyclable	Curb Side Recycling (Make sure it's clean)
Plastic container lids (e.g. Sauce Container Lids)	Not curbside recyclable	Not curbside recyclable
Ice Packs Exterior - Soft Plastic	No soft plastic recycling scheme currently	No soft plastic recycling scheme currently
Ice packets interior - Tap Water	Water your garden, pour it down the sink, donate icepacks.	Water your garden, pour it down the sink, donate icepacks.
Wool pouch	Compostable/biodegradable at home, or donate to local charities	Compostable/biodegradable at home, or donate to local charities
Wool pouch plastic outing - soft plastics	No soft plastic recycling scheme currently	No soft plastic recycling scheme currently
Cardboard Box (flattened)	Curb side recycling	Curb side recycling
Spice packets - interior (soft plastic)	No soft plastic recycling scheme currently	No soft plastic recycling scheme currently
Spice packets - exterior (paper)	Curb side recycling	Curb side recycling
MADE meals (PET) - Plastics 1	Curb side recycling	Curb side recycling
MADE meal lids - Soft Plastic	No soft plastic recycling scheme currently	No soft plastic recycling scheme currently



North Island Recycling Guides

Here is a breakdown of how to recycle your box and packaging. You can find further information [here](#).

Region	Whangarei	Palmerston North
Plastic Container body #5 (e.g. Sauce Containers)	Not curbside recyclable	Curb Side Recycling (Make sure it's clean)
Plastic container lids (e.g. Sauce Container Lids)	Not curbside recyclable	Not curbside recyclable
Ice Packs Exterior - Soft Plastic	No soft plastic recycling scheme currently	No soft plastic recycling scheme currently
Ice packets interior - Tap Water	Water your garden, pour it down the sink, donate icepacks.	Water your garden, pour it down the sink, donate icepacks.
Wool pouch	Compostable/biodegradable at home, or donate to local charities	Compostable/biodegradable at home, or donate to local charities
Wool pouch plastic outing - soft plastics	No soft plastic recycling scheme currently	No soft plastic recycling scheme currently
Cardboard Box (flattened)	Curb side recycling	Curb side recycling
Spice packets - interior (soft plastic)	No soft plastic recycling scheme currently	No soft plastic recycling scheme currently
Spice packets - exterior (paper)	Curb side recycling	Curb side recycling
MADE meals (PET) - Plastics 1	Curb side recycling	Curb side recycling
MADE meal lids - Soft Plastic	No soft plastic recycling scheme currently	No soft plastic recycling scheme currently



South Island Recycling Guides

Here is a breakdown of how to recycle your box and packaging. You can find further information [here](#).

Region	Nelson	Blenheim	Dunedin
Plastic Container body #5 (e.g. Sauce Containers)	Curb Side Recycling (Make sure it's clean)	Curb Side Recycling (Make sure it's clean)	Curb Side Recycling (Make sure it's clean)
Plastic container lids (e.g. Sauce Container Lids)	Yes	Not curbside recyclable	Not curbside recyclable
Ice Packs Exterior - Soft Plastic	No soft plastic recycling scheme currently	No soft plastic recycling scheme currently	No soft plastic recycling scheme currently
Ice packets interior - Tap Water	Water your garden, pour it down the sink, donate icepacks.	Water your garden, pour it down the sink, donate icepacks.	Water your garden, pour it down the sink, donate icepacks.
Wool pouch	Compostable/biodegradable at home, or donate to local charities	Compostable/biodegradable at home, or donate to local charities	Compostable/biodegradable at home, or donate to local charities
Wool pouch plastic outing - soft plastics	No soft plastic recycling scheme currently	No soft plastic recycling scheme currently	No soft plastic recycling scheme currently
Cardboard Box (flattened)	Curb side recycling	Curb side recycling	Curb side recycling
Spice packets - interior (soft plastic)	No soft plastic recycling scheme currently	No soft plastic recycling scheme currently	No soft plastic recycling scheme currently
Spice packets - exterior (paper)	Curb side recycling	Curb side recycling	Curb side recycling
MADE meals (PET) - Plastics 1	Curb side recycling	Curb side recycling	Curb side recycling
MADE meal lids - Soft Plastic	No soft plastic recycling scheme currently	No soft plastic recycling scheme currently	No soft plastic recycling scheme currently