



# **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 some 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, Wellington & Christchurch Recycling Guide

Here is a breakdown of how to recycle your box and packaging in these areas.

Region	Auckland
Plastic container body #5 (e.g. sauce containers)	Curb Side Recycling (make sure its clean)
Plastic container lids (e.g. sauce container lids)	Curb Side Recycling (make sure its clean)
Ice Packs Exterior (soft plastic)	Find a soft plastic recycling bin at your local supermarket or have it collected from your doorstep through our <a href="#">Soft-plastic Recycling Programme</a>
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 plastic)	Find a soft plastic recycling bin at your local supermarket or have it collected from your doorstep through our <a href="#">Soft-plastic Recycling Programme</a>
Cardboard box (flattened)	Curb side recycling
Coola box (flattened)	Curb side recycling
Spice Packets – interior (soft plastic)	Find a soft plastic recycling bin at your local supermarket or have it collected from your doorstep through our <a href="#">Soft-plastic Recycling Programme</a>
Spice packets – exterior (paper)	Curb side recycling
MADE meals (PET) – Plastic #1	Curb side recycling
MADE meal lids (soft plastic)	Find a soft plastic recycling bin at your local supermarket or have it collected from your doorstep through our <a href="#">Soft-plastic Recycling Programme</a>



## North Island Recycling Guide

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

Region	Tauranga	Hamilton	Taupo
<b>Plastic container body #5 (e.g. sauce containers)</b>	Curb Side Recycling (make sure its clean)	Curb Side Recycling (make sure its clean)	Curb Side Recycling (make sure its clean)
<b>Plastic container lids (e.g. sauce container lids)</b>	Curb Side Recycling (make sure its clean)	Curb Side Recycling (make sure its clean)	Curb Side Recycling (make sure its clean)
<b>Ice Packs Exterior (soft plastic)</b>	Soft plastics recycling	Soft plastics recycling	Soft plastics recycling
<b>Ice packets interior – Tap Water</b>	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
<b>Wool Pouch</b>	Compostable/biodegradable at home, or donate to a local charity	Compostable/biodegradable at home, or donate to a local charity	Compostable/biodegradable at home, or donate to a local charity
<b>Wool Pouch plastic outing (soft plastic)</b>	Soft plastics recycling	Soft plastics recycling	Soft plastics recycling
<b>Cardboard box (flattened)</b>	Curb side recycling	Curb side recycling	Curb side recycling
<b>Coola box (flattened)</b>	Curb side recycling	Curb side recycling	Curb side recycling
<b>Spice Packets – interior (soft plastic)</b>	Soft plastics recycling	Soft plastics recycling	Soft plastics recycling
<b>Spice packets – exterior (paper)</b>	Curb side recycling	Curb side recycling	Curb side recycling
<b>MADE meals (PET) – Plastic #1</b>	Curb side recycling	Curb side recycling	Curb side recycling
<b>MADE meal lids (soft plastic)</b>	Soft plastics recycling	Soft plastics recycling	Soft plastics recycling



## North Island Recycling Guide

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

Region	Gisborne	Taranaki
Plastic container body #5 (e.g. sauce containers)	Curb Side Recycling (make sure its clean)	Curb Side Recycling (make sure its clean)
Plastic container lids (e.g. sauce container lids)	Curb Side Recycling (make sure its clean)	Curb Side Recycling (make sure its clean)
Ice Packs Exterior (soft plastic)	Soft plastics recycling	Soft plastics recycling
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 a local charity	Compostable/biodegradable at home, or donate to a local charity
Wool Pouch plastic outing (soft plastic)	Soft plastics recycling	Soft plastics recycling
Cardboard box (flattened)	Curb side recycling	Curb side recycling
Coola box (flattened)	Curb side recycling	Curb side recycling
Spice Packets – interior (soft plastic)	Soft plastics recycling	Soft plastics recycling
Spice packets – exterior (paper)	Curb side recycling	Curb side recycling
MADE meals (PET) – Plastic #1	Curb side recycling	Curb side recycling
MADE meal lids (soft plastic)	Soft plastics recycling	Soft plastics recycling



## North Island Recycling Guide

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

Region	Whangarei	Palmerston North
Plastic container body #5 (e.g. sauce containers)	Curb Side Recycling (make sure its clean)	Curb Side Recycling (make sure its clean)
Plastic container lids (e.g. sauce container lids)	Curb Side Recycling (make sure its clean)	Curb Side Recycling (make sure its clean)
Ice Packs Exterior (soft plastic)	Soft plastics recycling	Soft plastics recycling
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 a local charity	Compostable/biodegradable at home, or donate to a local charity
Wool Pouch plastic outing (soft plastic)	Soft plastics recycling	Soft plastics recycling
Cardboard box (flattened)	Curb side recycling	Curb side recycling
Coola box (flattened)	Curb side recycling	Curb side recycling
Spice Packets – interior (soft plastic)	Soft plastics recycling	Soft plastics recycling
Spice packets – exterior (paper)	Curb side recycling	Curb side recycling
MADE meals (PET) – Plastic #1	Curb side recycling	Curb side recycling
MADE meal lids (soft plastic)	Soft plastics recycling	Soft plastics recycling



## South Island Recycling Guide

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

Region	Nelson	Blenheim	Dunedin
<b>Plastic container body #5 (e.g. sauce containers)</b>	Curb Side Recycling (make sure its clean)	Curb Side Recycling (make sure its clean)	Curb Side Recycling (make sure its clean)
<b>Plastic container lids (e.g. sauce container lids)</b>	Curb Side Recycling (make sure its clean)	Curb Side Recycling (make sure its clean)	Curb Side Recycling (make sure its clean)
<b>Ice Packs Exterior (soft plastic)</b>	Soft plastics recycling	Soft plastics recycling	Soft plastics recycling
<b>Ice packets interior – Tap Water</b>	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
<b>Wool Pouch</b>	Compostable/biodegradable at home, or donate to a local charity	Compostable/biodegradable at home, or donate to a local charity	Compostable/biodegradable at home, or donate to a local charity
<b>Wool Pouch plastic outing (soft plastic)</b>	Soft plastics recycling	Soft plastics recycling	Soft plastics recycling
<b>Cardboard box (flattened)</b>	Curb side recycling	Curb side recycling	Curb side recycling
<b>Coola box (flattened)</b>	Curb side recycling	Curb side recycling	Curb side recycling
<b>Spice Packets – interior (soft plastic)</b>	Soft plastics recycling	Soft plastics recycling	Soft plastics recycling
<b>Spice packets – exterior (paper)</b>	Curb side recycling	Curb side recycling	Curb side recycling
<b>MADE meals (PET) – Plastic #1</b>	Curb side recycling	Curb side recycling	Curb side recycling
<b>MADE meal lids (soft plastic)</b>	Soft plastics recycling	Soft plastics recycling	Soft plastics recycling