PET plastic bottles (the bottles that water and soda are usually sold in and are labeled as number 1 in the recycling triangle) and HDPE milk jugs (the plastic jugs milk is sold in that are labeled as number 2) are recycled most consistently among the different categories of plastic due to their economic viability.

Plastics labeled number 3 through 7 in the recycling triangle are the least recyclable, Loria says. The same thing goes for the majority of plastic bags and packaging film.

In the meantime, how should we recycle?

If not all plastics are actually easily recyclable, should we still be throwing everything into the recycling bin, as I did with that takeout container, which if I recall now was very likely not a number 1 or 2 product?

The answer is no. In fact, the act of chucking every kind of plastic into the recycling bin actually decreases the amount of plastic that gets recycled because it makes separating out the easily recyclable materials more difficult. You might think you're helping, but you're actually hurting the whole process.

Instead of doing that, the safest rule to stick to is recycling only number 1 and 2 plastics. But you should also check with your local recycling program to see which types of plastics it accepts, as some facilities recycle, for example, polypropylene (number 5), the plastic commonly used in yogurt containers.

Source: Consumer Reports, March, 2022

https://www.consumerreports.org/recycling/smarter-which-plastics-are-actually-recyclable-a4433898936/