

Your Guide for Temperature-Controlled Packaging Disposal

Leak-Proof Gel Packs



Introduction to Packaging Disposal

Proper disposal of temperature-controlled packaging is essential for reducing environmental impact and meeting local waste regulations.

This guide explains how to identify and responsibly dispose of common packaging materials, including gel packs, phase change materials, water blankets, coolers, and insulation. Some materials can be recycled or composted, while others require specialized disposal.

Before discarding any packaging, always check for disposal instructions on the product. If none are provided, choose the most environmentally responsible option available.

The following sections explain how to identify each packaging type and dispose of it correctly.

Leak-Proof Gel Packs

It's important to note that most gel packs are designed to be non-toxic and safe for use with food, pharmaceuticals, and other sensitive products, but always check the product information or packaging for specific details on the composition of the gel pack being disposed of. The exact formulation of the gel can depend on the manufacturer and the intended use of the gel pack. TempAid gel packs come in several varieties, some designed for unique purposes (i.e., food versus medications).

If the gel pack consists of water:

1. Thaw the gel pack by leaving it out at room temperature.
2. Cut open a corner of the pack and squeeze the gel into the sink or toilet.
3. Dry the plastic film and bring it to a designated plastic bag drop-off.

If the gel pack contains anything other than water:

1. Thaw the gel pack by leaving it out at room temperature.
2. Cut open a corner of the pack and carefully squeeze the gel into the garbage. Avoid washing them down sinks or toilets, as it can cause drain clogs.
3. Rinse the plastic film thoroughly.
4. Dry the plastic film and bring it to a designated plastic bag drop-off.

Note:

- If not taking the plastic film to a drop-off, you can dispose of the gel pack in the garbage.
- Be mindful of local recycling guidelines for plastic film and other materials.

Disposal Quick Reference

PRODUCT	DISPOSAL METHOD
Standard Gel-Packs	Thaw, squeeze gel into sink/toilet (if water-based) or garbage (if other), dry plastic film, recycle or dispose in garbage.
EarthWise Gel Packs	Thaw, squeeze gel into sink/toilet or can be emptied into a garden. Rinse plastic film and recycle it at a designated drop-off location.
Water Blankets	Thaw, cut open pockets, pour contents down the drain, recycle outer film if possible.
Hard Bottle PCMs	For recycling guidelines, refer to local resources or the "How2Recycle Store Drop-off" service.
PCM Mats and PCM Packs	Empty & rinse the plastic pouches, recycle if local guidelines permit, or dispose of them in standard trash
Standard Styrofoam Coolers	Reuse or recycle through EPS recycling channels, or dispose in garbage if recycling is not available.
Biodegradable EPS Coolers	Dispose in a landfill where microorganisms biodegrade it, or same as standard EPS (i.e., recycling or garbage).
Cellulose Insulation	Recycle curbside with no separation needed, or find local recycling centers through Earth911 or RecycleSearch.
Vacuum Insulated Panels (VIPs)	Dispose in regular trash if recycling is not available, follow local regulations.
SpeedyPac Mailer	Reuse if in good condition, contact local recycling for phase change materials, or dispose of PCM envelope in accordance with local plastic waste regulations.
Cardboard	Remove non-cardboard components, flatten, and recycle at designated locations. Avoid recycling wet or food-soiled cardboard.
SteadyPac Plastic Corrugate	Recyclable in some areas; check with local recycling programs or consider repurposing it, and if neither is feasible, flatten it and dispose in regular trash.
Packing Peanuts	Separate from other materials, check local drop-off sites, or compost if biodegradable. Contain in a single bag if disposing in trash.
Bubble Wrap	Drop off at designated recycling locations, contact local municipality for more information. Avoid placing in standard recycling bins.

What to Do If You Are Unsure What Packaging Can Be Recycled

If you are unsure what can be recycled in your area properly, check with your local waste management agency or municipality. They may have specific guidelines or disposal programs in place for these items.

As mentioned earlier, there are several websites with information on recycling locations, including:

For the US:

Below are several recommended resources in the US to check whether a package is recyclable in your area. Remember, your community's recycling website is often the best source for information specific to your local recycling program.

- How2Recycle Store Drop-off:
<https://how2recycle.info/about-the-how2recycle-label/store-dropoff-us-only>
- Plastic Film Recycling:
<https://how2recycle.info/wp-content/uploads/2024/04/Store-Drop-off-Locations.pdf>
- TRP Chatbot: <https://recyclingpartnership.org/what-can-i-recycle/>
- Keep America Beautiful: <https://kab.org/recycling/> | [Earth911.com](https://earth911.com) | bagandfilmrecycling.org | epsindustry.org/recycling-map | recyclenow.com/recycling-locator

For Canada

Recycling guidelines can differ by province, territory, and even local community. To find out if a package is recyclable in your area, your best resource is the recycling website or information provided by your community. Residents of the listed provinces should use their local resources to verify the recyclability of materials.

- British Columbia: <https://recyclebc.ca/what-can-i-recycle-2/>
- Saskatchewan: <https://sarcan.ca/how-to-sarcan/what-to-recycle/>
- New Brunswick:
https://www2.gnb.ca/content/gnb/en/departments/elg/environment/content/land_waste/content/recycling/recycle.html
- Alberta: <https://www.alberta.ca/recycling>
- Newfoundland and Labrador: <https://rethinkwastelnl.ca/>
- Manitoba: <https://www.recyclemanitoba.ca>
- Nova Scotia: <https://novascotia.ca/nse/waste/muncollection.asp>

Frequently Asked Questions

How does corrugated cardboard differ from paperboard?

While the term “cardboard” is commonly used for various boxes, it’s essential to note that shipping boxes are officially referred to as corrugated cardboard. The distinctive feature of corrugated cardboard is the additional layer of fiber that zig-zags between the brown sheets, providing increased tear resistance and enhanced durability for shipping purposes. On the other hand, paperboard is thinner and less robust, typically utilized for items like cereal boxes. Despite being colloquially labeled as cardboard, they represent distinct paper grades with varying commodity values.

What prevents the recycling of wet cardboard?

Despite incorporating water in the paper recycling process, getting paper wet and allowing it to dry alters the fibers, resulting in a stiffer feel. Additionally, paper mills are hesitant to pay for wet paper due to the added weight from the excess water.

Can I place packing peanuts in my curbside recycling bin?

Many cities do not include any type of expanded polystyrene (EPS) in their curbside recycling programs. However, it’s essential to verify this information locally. Even if your local program claims to accept #6 plastic (which technically includes EPS), foam plastics are often excluded.



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