

# TRASH or DRAIN?

## Know Your Gel Ice Pack



### Proper Disposal of Gel Ice Packs

- **Gel ice packs labeled Drain-Safe:** Follow the instructions on the packet to drain the contents and discard the empty pack (Drain-Safe logos may vary).
- **All other gel ice packs:** Dispose of the entire pack in the trash. If there are no instructions or clear labeling on the ice pack, assume it is trash.

As meal kit delivery services grow in popularity, so do the use of gel ice packs. Typical gel ice packs contain sodium polyacrylate, a superabsorbent polymer like the material used in diapers. These polymers thicken when combined with water to form a gel. Never put them down the drain because they could clog pipes and create a mess (or backup) in your house. Make sure to check the labeling of your gel ice packs before disposing of them.



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