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# PLASTIC

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**USE LESS.**

You store your food in it, drink from it, bag groceries in it. Babies teethe on it and drink from bottles made from it. But research reveals that many plastics release toxic chemicals, like BPA and phthalates, into food and drink. If ingested they can disrupt the body's hormones and damage the nervous system. According to the Centers for Disease Control, more than 92 percent of Americans have BPA in their urine and over 200 studies link it to harmful effects and birth defects. Children's developing bodies are particularly vulnerable if exposed.



# Use **Safer** Plastics

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1. Only use plastics marked #2, #4 or #5 for food and beverages. Don't use #3 or #6 labeled plastics or Styrofoam since they will leach into the food.
2. Only store cold food and drinks in plastic containers. Heat can cause chemicals to leach into the food.
3. Don't use damaged or scratched plastics.
4. Use ONLY ceramic or glass dishes in the microwave. NEVER use plastics.
5. Get a reusable stainless steel water bottle instead of drinking from plastic water bottles.
6. Choose teethers and baby bottles labeled "phthalate-free" and "BPA-free."
7. Avoid PVC products such as fake leather and vinyl shower curtains. Choose PVC-free products or fabrics.
8. Use reuseable shopping bags and recycle plastics whenever possible.