BPA is harmful to our children's health

BPA can disrupt the balance of our hormones

- BPA is a chemical, that looks like estrogen and acts like estrogen
- BPA confuses your body to think it is estrogen

BPA is found in everyday products

- plastic baby bottles & sippy cups
- plastic water & sport bottles
- plastic food containers
- plastic wrap
- lining of canned goods
- cashier receipts

reading plastic labels

- find recycling labels on the bottom of plastics.
- some plastics are more harmful than others

LESS HARMFUL:

1. PET / PETE
2. HDPE
3. PVC
4. LDPE
5. PP
6. PS
7. other

AVOID:

research shows HEALTH RISKS AT ALL AGES

ADULTS: diabetes, heart problems, cancer & infertility

YOUNG CHILDREN: lowers concentration, learning & emotional control

FETUSES & BABIES: are at greatest risk because they are still growing

removing BPA from our lives

- eat fresh or frozen fruits & vegetables
- replace canned goods with cartons
- use dried beans, legumes, & grains (saves money too)

choosing fresh or frozen foods & drinks

- avoid microwaving, boiling and freezing plastics
- try not to store food in plastics and wash plastics by hand
- avoid using old or scratched plastics

AVOID:

CHOOSE:

- containers made from glass, stainless steel, ceramic & porcelain
- liquid formulas in cans may contain BPA

nursing babies when possible

- by breastfeeding you give your baby healthy nutrients
- if you cannot nurse, try powdered formula

creating change

- call EPA today to put BPA on the Chemical of Concern List, (202) 564-4332 or email PolicyOffice@epa.gov
- ask your senator to co-sponsor the Safe Chemicals Act
- contact your favorite companies and tell them to make BPA-free products
- ask your employer to use BPA-free products

resources

- Columbia Center for Children's Environmental Health
- WE ACT for Environmental Justice
- Natural Resource Defense Council
- Safer Chemicals, Healthy Families

www.cceh.org
www.weatc.org
www.nrdc.org/health/toxics/bpa.asp
www.saferchemicals.org/toxic-chemicals/bpa.html