

# 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

### FETUSES & BABIES:

are at greatest risk because they are still growing

research shows **HEALTH RISKS AT ALL AGES**

**ADULTS:**  
diabetes, heart problems, cancer & infertility

**YOUNG CHILDREN:**  
lowers concentration, learning & emotional control

## 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



## receipts also contain BPA

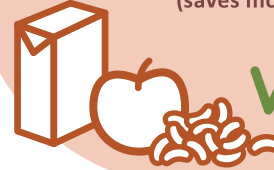
- place receipts in envelopes
- keep away from children
- wash hands with soap and water after touching receipts
- try not to hold receipts with wet hands or after using lotion or hand sanitizer (they can let BPA get into the skin easier)



# removing BPA from our lives

## choosing fresh or frozen foods & drinks

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



## 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

### AVOID:

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



### CHOOSE:

- containers made from glass, stainless steel, ceramic & porcelain



## nursing babies when possible

- liquid formulas in cans may contain BPA
- by breastfeeding you give your baby healthy nutrients
- if you cannot nurse, try powdered formula



## reading plastic labels

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

### LESS HARMFUL:



PET / PETE



HDPE



LDPE



PP

### AVOID:



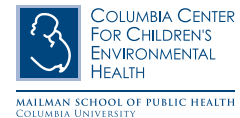
PVC



PS



other



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