

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

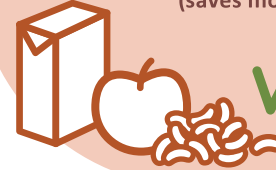
- place receipts in envelopes
- keep away from children
- wash hands with soap and water after touching receipts
- try not to hold receipts with wet hands or after using lotion or hand sanitizer (they can let BPA get into the skin easier)



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:



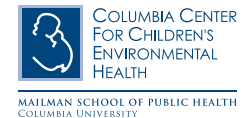
PVC



PS



other



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