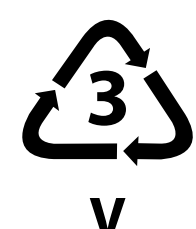


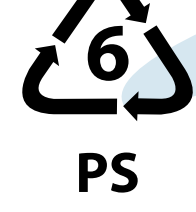


Plastics and your Health

Plastics are made of petroleum and chemicals. Evidence shows that:

-  **Polyvinyl Chloride (PVC)** often used to soften plastics, is an endocrine disruptor, and is strongly linked to asthma, and allergy symptoms, and can cause certain types of cancer.
-  **Bisphenol A (BPA)** used in polycarbonate plastic products, is an endocrine disruptor which can affect many body processes such as sexual development and reproduction.
-  **Polyethylene (PET)** found in water bottles, leaks antimony trioxide which is a catalyst and suspected human carcinogen.
-  **PolyStyrene (PS)** often leaks styrene and mimics the female hormone estrogen, which can lead to reproductive and developmental problems.



How are we exposed?




Plastics form much of the packaging for foods and beverages. Chemicals from plastics can be found throughout our home, our workplace, our hospitals, our car and other forms of transportation. Plastic bags are an enormous source of landfill waste and are regularly eaten by numerous marine and land animals.



How do you avoid exposure?

To protect your health and the health of your children:

1. Choose Safer Plastics:

-  *High density polyethylene* found in juice and water jugs.
-  *low density polyethylene* used in milk cartons.
-  *polypropylene* available in food containers (e.g. margarine and yogurt.)



2. Microwave plastic-free:

Reheat food and beverages in glass or ceramic dishware.



3. Purchase fresh foods:

Avoid purchasing foods that have in plastics in the lining of cans.



4. Avoid cookware with non-stick coatings.

5. Use metal or glass water bottles.

6. Recycle your plastics! Use plastic bags for animal droppings.

When possible, use cloth or paper grocery bags.



7. Advocate for plastic-free medical equipment.

8. For baby, purchase PVC-free baby bottles and toys.

