



# BPA

## Bisphenol A

### Did you know?

*BPA can be found in rigid plastic containers, cash register receipts, dental sealants, and the lining of food cans. BPA can affect the endocrine (hormone) system.*

## Action Plan

- Reduce plastic use.
- Avoid heating plastic containers – use glass containers to heat and store food.
- Use glass or stainless steel water bottles.
- Choose fresh or frozen foods instead of canned foods.
- Choose e-receipts instead of paper receipts.
- Shop smart and check labels.
  - Avoid containers with the #7 recycling symbol or the polycarbonate “PC” label.
  - Choose products labeled “BPA-free” when possible.
  - Be cautious: BPA is being phased out due to health concerns, and Bisphenol S (BPS) and Bisphenol F (BPF)

[more →](#)



are being used as replacements. These chemicals may also interfere with the hormone system.

Version: October 2024

 New York State Children's  
Environmental Health Centers

  
Jacobus Schickel School of  
Leadership & Governance  
The Transdisciplinary  
Center for  
Institutional Environmental Exposure  
Studies

[NYSCHECK.ORG](https://www.nyscheck.org)

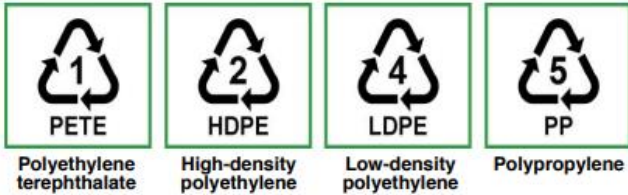
 [NYSCHECK](https://www.facebook.com/nyscheck)

 [@NYSCHECK](https://twitter.com/nyscheck)

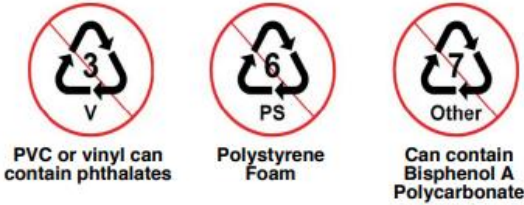
# Resources

Avoid or reduce use of single-use plastics. If you choose

## Choose safer plastics:



## Plastics to avoid:



Source: Mount Sinai Children's Environmental Health Center

plastics:

For more information: visit [nyscheck.org/rxs](https://nyscheck.org/rxs)



 Mount Sinai  
The Transdisciplinary  
Center for  
Environmental Exposure

Version: October 2024

New York State Children's  
Environmental Health Centers

NYSCHECK.ORG

 NYSCHECK

 @NYSCHECK