



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

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

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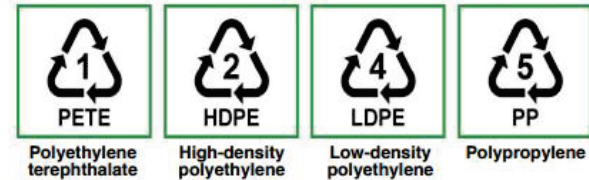
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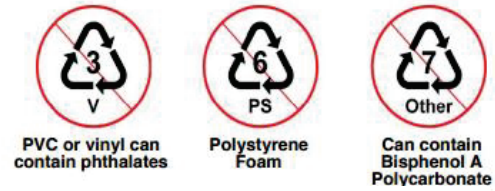
Resources

Reduce use of single-use plastics. If you choose plastics:

Choose safer plastics:



Plastics to avoid:



Source: Mount Sinai Children’s Environmental Health Center

For more information about BPA from the Centers for Disease Control and Prevention (CDC), visit [cdc.gov](https://www.cdc.gov) and search “Bisphenol A”

For more information, visit icahn.mssm.edu/research/pehsu/information