



Phthalates

Did you know?

Phthalates can be found in flexible plastics and personal care products and cleaners with fragrance. Phthalates can affect the endocrine (hormone) system.

Action Plan

- Avoid heating plastic containers – use glass containers to heat and store food.
- Reduce household dust by wet mopping and wet dusting – phthalates and other chemicals can build up in dust.
- Choose fresh foods without plastic packaging.
- Shop smart and check labels.
 - Avoid plastic food/beverage containers with #3 recycling symbol.
 - Choose personal care products without phthalates.
 - Choose “fragrance-free” personal care products and household cleaners.

[more](#) →

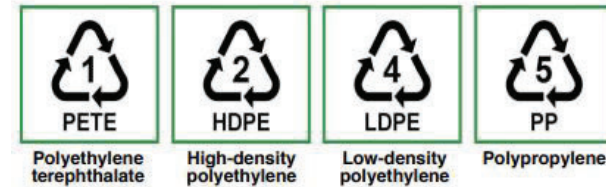
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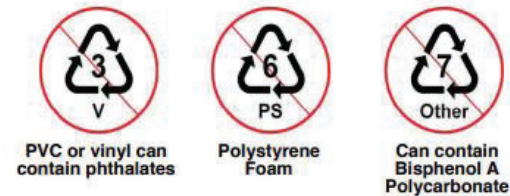
Resources

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 choosing safer plastics, download the EWG Healthy Living App at ewg.org/apps.

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