Check the Kind of Plastics You Use

- Some plastics are made with chemicals called phthalates [THAL ates] or BPA which means bisphenol A [BIS fee nall].
- These chemicals can leach from (come out of) everyday plastic products like toys, bottles, containers, and personal care products.
- Scientists and doctors are learning about these chemicals and the health effects they may have especially on children.
- You can use the following guide to choose safer plastics and decrease exposures.

Check the symbol on the bottom of the plastic items before you buy:

Choose safer plastics:\(^1\)

1. PETE
2. HDPE
3. LDPE
4. PP

Plastics to avoid:\(^2,3\)

1. PVC or vinyl
   Can contain phthalates
2. Polystyrene Foam
3. Can contain Bisphenol A

How to Avoid Phthalates and BPA:

- Do not microwave food/beverages in plastic
- Do not microwave or heat plastic cling wraps
- Do not place plastics in the dishwasher
- If using hard polycarbonate plastics (water bottles/baby bottles/sippy cups), do not use for warm/hot liquids
- Use safe alternatives such as glass or polyethylene plastic (symbol #1)
- Avoid canned foods when possible (BPA may be used in can linings)
- Look for labels on products that say “phthalate-free” or “BPA-free”

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2. Code #6: Styrene, a potentially toxic chemical, may be released from containers made from polystyrene foam (Styrofoam and related brands) when they are used to heat or store foods or liquids at temperatures exceeding 80°C (176°F).
   Code #7 covers "other" plastics, which includes polycarbonate. Therefore not all code #7 plastic bottles contain polycarbonate and leach BPA. Also, BPA can be given off from other products.