
Plastic Pollution

Plastic pollution leads to serious environmental, economic, and social consequences for society

Key Facts:

- Over 10,000 chemicals are added to food and food packaging in the USA. Many of these chemicals are known poisons and affect our health.
- Negative side effects of these chemicals occur by disrupting hormonal signals called "endocrine disrupters."
- Endocrine disruptors are found in everyday products like:
 - Plastic bottles
 - Lining of metal food cans (look for BPA-free lining)
 - Detergents
 - Flame retardants
 - Food
 - Toys
 - Cosmetics
 - Some types of receipts
 - Pesticides

Reducing Exposure

- Use glass, ceramic, or stainless steel for all containers.
- Look for brands that say, "PVC or BPA free" and avoid foods in plastic.
- Wash plastic by hand. It only takes 20 washings in the dishwasher for the chemical BPA to start escaping.

Consider:

- Removing food from their current container and reheating in ceramic or glass container instead.
- Use unbleached waxed paper rather than cling wrap to store foods, especially fatty foods.