



# SAFER FOOD PACKAGING: BPA



## WHAT IS BPA?

Bisphenol A (BPA) is a chemical used to make a variety of hard, clear plastic products, including baby bottles, sippy cups and food packaging. It is also often used in the lining of metal food cans. BPA can leach out of its container and into our food and drink and end up in our bodies. BPA is an endocrine disruptor. In the past several years, many manufacturers have replaced BPA with Bisphenol S or Bisphenol F, but these replacement chemicals may be equally harmful as BPA.



## TIPS FOR AVOIDING BPA

- Never heat or microwave food or drink in any plastic container, even if the product says “microwavable” or “microwave safe.”
- Never heat plastic baby bottles of any kind.
- Purchase glass baby bottles with a silicone sleeve or milky, opaque plastic bottles and sippy cups made from safer plastics such as polypropylene or polyethylene.
- Limit use of canned foods-buy fresh or frozen fruits and vegetables instead.
- Stainless steel drinking containers are ok for use with water.

## WHAT HEALTH RISKS ARE ASSOCIATED WITH BPA?

BPA is an endocrine disruptor, which can cause developmental defects in babies and young children. BPA may also cause:

- low birth weight
- increased hyperactivity
- anxiety
- depression
- increased cancer risk in babies born to BPA-exposed parents



## HOW CAN I BE EXPOSED?

BPA can leach from polycarbonate plastic (hard clear plastic) that is found in baby bottles, water bottles, sippy cups, regular drinking cups, water pitchers, the clear lining within canned food containers and cash register receipts.

Children are particularly vulnerable to these harmful chemicals, as their body systems are still developing rapidly. Furthermore, their behaviors, such as inserting plastic objects into their mouths, puts them at greater risk of exposure.

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