

BPA and Phthalate Free Foods: Safer, healthier foods for you and your family



BPA is found in the lining of canned foods

- BPA and phthalates are often used in plastic food containers as well as other consumer products.
- The chemicals can leach into foods and expose children and families to dangerous chemicals.
- BPA exposure linked to learning disabilities, brain development, asthma, and even obesity.



Phthalates are found in plastic wraps

- Phthalates are linked to reproductive problems including low sperm counts and genital deformities in baby boys. Later in life it could lead to prostate and testicular cancers.

The best way to avoid exposure is to avoid the chemicals altogether.

Fresh is always best when available - even better visit your local Farmer's Market and look for organically grown produce

Don't store or heat in plastic containers - there are lots of great alternatives made from glass and stainless steel

Choose restaurants that use fresh foods - a study found that people who eat out often have higher levels of BPA



Choose a French press for coffee making - heated water through the plastic can also release BPA

Take action! - join with PSR Maine and others calling for safer, healthier products for our families