## **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:
  - o Plastic bottles
  - Lining of metal food cans (look for BPA-free lining)
  - Detergents
  - o Flame retardants
  - o Food
  - o 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:

- o 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.

