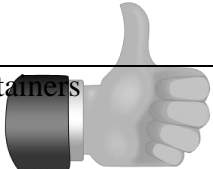



FACTS

What You Need to Know About Plastic Containers

Plastic is everywhere – water bottles, plastic wrap, food containers and other everyday items. It can be confusing to know what plastics are safe and what should be avoided. What are the safety risks when it comes to food and plastics?

Understanding Recycle Symbols: The Good and the Bad

1 PETE	Disposable bottles (water, pop) 	3 PVC	Food wrap, shower curtains, tablecloths, toys 
2 HDPE	Clear containers	6 PS	Egg cartons, Styrofoam cups, take-out containers
4 LDPE	Food wrap, freezer & shopping bags	7 PC	Baby & sports water bottles, sippy cups
5 PP	Clouded containers, food containers		

Choosing a Drinking Water Container

Plastic: water stored in plastic bottles risks becoming contaminated from plastic byproducts, like Bisphenol A (BPA) and phthalates. As these chemicals leach from the plastic, the water loses its taste and purity. If you buy a plastic drinking water container make sure you get one that is made of thicker grade plastic and is clearly marked BPA Free.

Stainless steel: if you purchase this type of container make sure it is solid stainless steel and it is not made with alloys, fillers or liners. Check out the part your mouth goes on when you drink out of the bottle as some bottles have a leachable plastic lid. Look for a container where you drink from the solid stainless steel bottle itself and a strong non-leaching plastic lid.

Glass: glass is a recyclable and chemical free product. It is easy to clean and it will not alter the taste of your beverage. The main problem with the use of glass containers is they can break.

Health & Environment Facts

What Can I do to Reduce Health Risks That May be Associated with Plastics?

- Choose glass or products made with other types of plastic (look for recycle codes 2, 4, and 5)
- Do not put boiling water in baby bottles. Allow the water to cool in a BPA free container and then transfer to the baby bottle.
- Allow baby bottles to cool to room temperature after sterilizing them or washing in the dishwasher.
- Do not store breastmilk in plastic bottles that may be made with BPA.
- Use glass containers instead of plastic containers. Glass containers can also be used in the microwave. If using plastic containers in the microwave, make sure they are labeled “microwave safe”.
- Avoid cooking at high heat in non-stick pans to avoid chemicals being released from the non-stick coating.