

Healthy Homes

... & NOT-SO-FANTASTIC PLASTIC



WHY IS IT HARMFUL?

The chemicals used to make plastic durable and flexible interfere with the hormones in our body. ¹ This is especially harmful when exposure occurs during development in the womb and early childhood.

One family of toxins (phthalates) causes:

- Asthma ²
- ADHD ^{3, 4}
- low thyroid ⁵
- male genital abnormalities & low testosterone ⁶
- pre-term birth ⁷
- lower immunity ⁸

Another toxic group (bisphenols) can:

- interfere with puberty and fertility ^{9, 10}
- lead to heart disease ¹¹
- cause obesity, type 2 diabetes and metabolic disorders ¹²

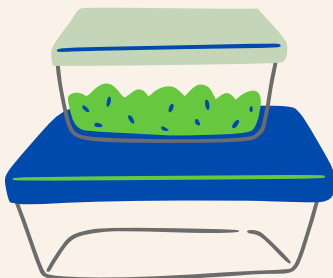
BUT! Good news! These two groups of toxins don't stay in your body permanently, so small changes now have an almost immediate effect!

HEALTHY HOME TIPS:

It's ok to keep some plastic! Simply avoid certain types, and never use them for heating food.

- It's considered safe to use your plastic containers for **cold**, non fatty/non oily food storage or pantry items. (Fat and oil can absorb chemicals from plastic.)
- If you must use plastic, allow hot foods to cool prior to filling the container. **Never** re-heat food in these containers; toxins are released when plastic is heated! Instead, move the food to a ceramic or glass dish for heating. Store hot leftovers like soup or a casserole in glass or ceramic.
- Choose silicone or wooden children's toys instead of vinyl - especially if they might go in your child's mouth. Natural fibres like cotton and wool are great too!

Check the item's recycling number on the bottom: 1, 2, 4, and 5 are considered safe for food & toys.



Avoid recycling numbers 3, 6, and 7-type plastics entirely when it comes to food storage and children's toys. You can also check toys for labels that say "PVC free", "phthalate free", "BPA free", and "vinyl free."

If you have children in your life, keep up to date by checking the [Health Canada recall list](#) for toys and other children's products which have been recalled. (You can even [sign up](#) to get alerts for different recalls!)

Did you know? In 2008, Canada became the first country to ban BPA use in baby bottles!