Harmful chemicals can move into food or drinks that are heated or stored in plastic.

Reducing the use of plastic when making, serving and storing food can protect your family’s health.

Use glass, ceramic or stainless steel for hot food or drinks.

Choose fresh or frozen foods when possible to avoid BPA, a chemical used in the lining of most food and drink cans.

Avoid using plastic in the microwave, even if the label says "microwave safe."

Store food in glass or ceramic containers, rather than plastic.

www.getdrasticwithplastic.ca

www.healthyenvironmentforkids.ca