





Get Drastic with Plastic

Reducing exposures to chemicals in plastic
... for your children's health.




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.



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



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



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

[www.getdrastic
withplastic.ca](http://www.getdrasticwithplastic.ca)

canadian partnership for

children's
health & environment

www.healthyenvironmentforkids.ca