

5 Steps to Reduce Your Risk

1. Avoid canned food and beverages when possible. Choose fresh foods, or food and beverages in glass jars or other BPA-free packaging.
2. Ask for no store receipt or an electronic receipt.
3. Use glass or stainless steel drinking bottles instead of plastic.
4. Do not heat up plastic containers in the microwave.
5. Be aware of cans and plastic items labelled BPA-free as they could contain potentially harmful BPS or BPF.



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THE ENVIRONMENTAL DEFENCE BPA & Food Pocket Guide



In Canada BPA is banned from baby bottles but that's not enough. Statistics Canada's research shows that 95 per cent of Canadians have BPA in their body. BPA enters the body as a result of eating canned foods, using plastic containers and handling cash register receipts. Pregnant women, babies and young children are most at risk. Like other hormone disruptors, BPA is most dangerous during these critical stages of development — even at low levels.

Who is at Risk? (Hint: You)
All Canadians are at risk from BPA exposure.



BPA is linked to:

- Breast and prostate cancer
- Infertility
- Early puberty
- In females including children, hyperactivity
- Obesity



BPA is an "endocrine disruptor" because it mimics human hormones such as estrogen and can impact our reproductive, metabolic and immune systems. The toxic chemical easily leaches from packaging materials into the food we consume. It can also be absorbed from cash receipts.

What's the Problem?



Bisphenol-A (BPA) is a synthetic chemical compound that's one of the most widespread worldwide. BPA is found in:

- Food and beverage cans: used in epoxy-resin linings to form a protective barrier between the metal and the contents.
- Plastic reusable water bottles, microwave ovenware and beverage bottles: BPA is used in polycarbonate plastic to make it clear and tough.
- Cash receipts: BPA and other types of bisphenols are found in thermal paper used in many cash registers and credit card terminals, including grocery stores.

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