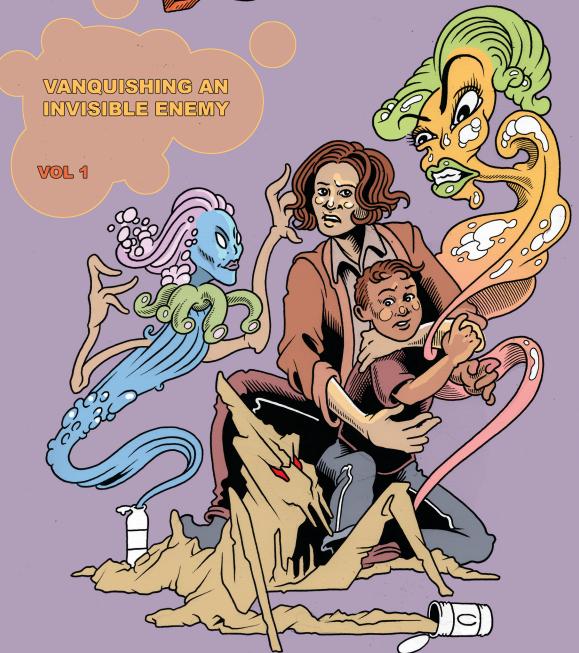
# UNGARRY





### **About ENVIRONMENTAL DEFENCE (environmentaldefence.ca)**

**Environmental Defence is Canada's most effective environmental** action organization. We challenge, and inspire change in government, business and people to ensure a greener, healthier and prosperous life for all.



# **About ÉQUITERRE (equiterre.org)**

**Équiterre offers concrete solutions to accelerate the transition** towards a society in which individuals, organizations and governments make ecological choices that are both healthy and equitable.



# **About ECOJUSTICE (ecojustice.ca)**

Ecojustice, Canada's largest environmental law charity, uses the power of the law to defend nature, combat climate change, and fight for a healthy environment for all.



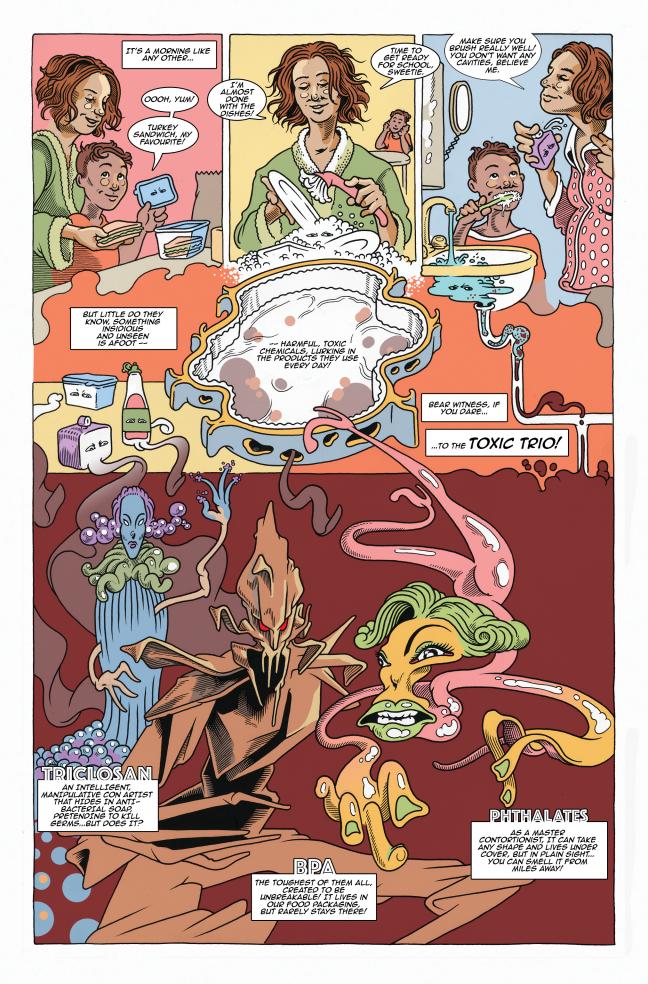
# **About CANADIAN ASSOCIATION OF PHYSICIANS FOR THE ENVIRONMENT** (cape.ca)

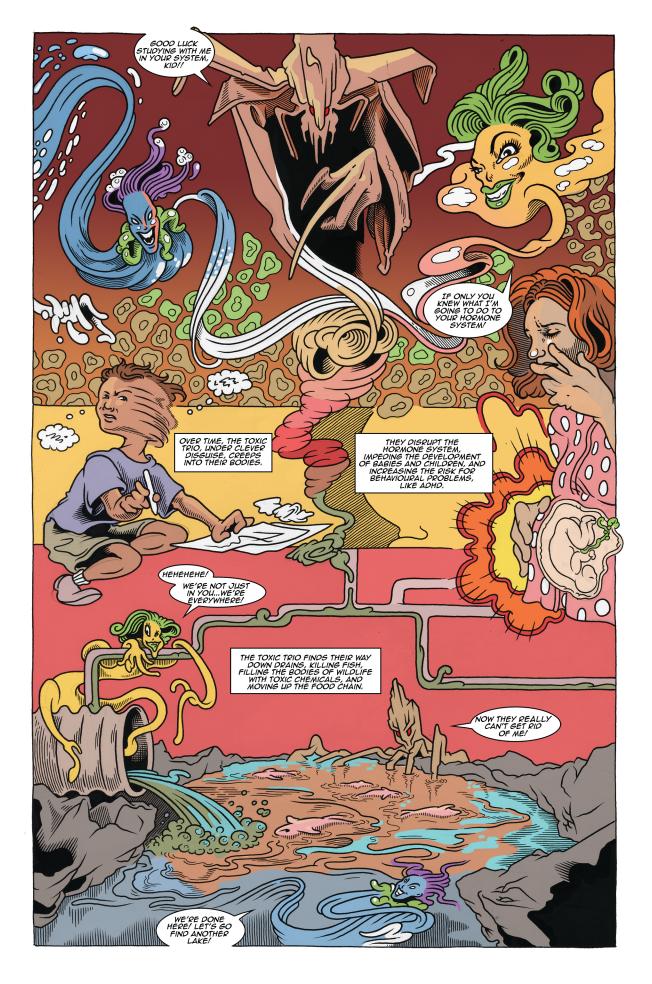
CAPE is the only doctor-run organization in Canada that is dedicated to improving human health by protecting the environment.



# **About TIDES CANADA (tidescanada.org)**

Tides Canada's mission is to provide uncommon solutions for the common good by helping Canadians secure a healthy environment in ways that promote social equity and economic prosperity. Tides Canada provides strategy, expertise, and tools to ensure change makers can get from vision to impact.







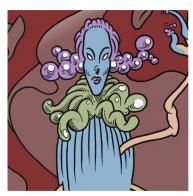


# TIPS ON HOW TO DEFEAT THE TOXIC TRIO



# **BISPHENOL A (BPA)**

- AVOID CANNED FOOD AND BEVERAGES WHEN POSSIBLE. CHOOSE FRESH FOODS, OR FOOD AND BEVERAGES IN GLASS JARS
- STAY AWAY FROM PLASTIC CONTAINERS WITH RECYCLING SYMBOL 3 AND 7, THAT INCLUDES DISPOSABLE AND REUSABLE WATER BOTTLES
- BE AWARE OF ITEMS LABELLED AS "BPA-FREE" AS THEY CAN CONTAIN POTENTIALLY HARMFUL ALTERNATIVES, SUCH AS BPS AND BPF
- AVOID LEAVING PLASTIC CONTAINERS AND WATER BOTTLES OUT IN THE SUN
- DO NOT HEAT UP FOOD IN PLASTIC CONTAINERS
- BPA AND OTHER BISPHENOLS ARE FOUND IN THERMAL PAPER USED IN MANY CASH REGISTERS AND CREDIT CARD TERMINALS. ASK FOR NO STORE RECEIPT OR AN ELECTRONIC RECEIPT.



# TRICLOSAN

- AVOID TOOTHPASTES THAT LABEL TRICLOSAN AS AN INGREDIENT
- AVOID SOAPS AND SANITIZERS LABELLED AS "ANTIBACTERIAL" OR "SERM-KILLING". SOOD OLD-FASHIONED NON-TOXIC SOAP AND WATER IS ALL THE PROTECTION YOU NEED.



# **PHTHALATES**

- STAY AWAY FROM PRODUCTS, INCLUDING COSMETICS AND CLEANERS, THAT OO NOT LIST ALL THE INGREDIENTS USED AND ONLY LIST "FRAGRANCE" OR "PARFUM" -- THIS IS WHERE PHTHALATES ARE HIDDEN
- DITCH HAND-ME-DOWN CHILDREN'S PLASTIC TOYS, INCLUDING TEETHERS, BOTTLES, AND RUBBER DUCKS

TAKE ACTION: ENVIRONMENTALDEFENCE.CA/TOXICS

# WHO HAS THE POWER TO STOP THEM?

