

Tips For Avoiding BPA

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You can reduce exposure to BPA from receipts by doing the following:

- Refuse a receipt when you can.
- Store your receipts separately, such as in a small envelope, in your wallet or purse.
- Wash your hands after handing receipts or money.
- Keep receipts away from young children.



Other ways to minimize BPA exposure include:

- Limit your intake of canned foods. For some canned foods, choices in BPA-free cans are available from Eden Foods.
- Choose alternatives to polycarbonate plastic for baby bottles and sports water bottles. For babies, glass and cloudy plastic bottles are better choices. For sports bottles, the best choice is stainless steel.
- Choose powdered rather than liquid infant formula. If you do need liquid formula, use BPA-free containers.

