

The **toxic nation** Guide to Toxic Baby Bottles

How to avoid bisphenol A

Bisphenol A is a hormone disruptor found in some 90-95 per cent of plastic baby bottles in Canada. Bisphenol A is used to make polycarbonate plastics — the clear or tinted, hard plastic used to make popular baby bottle brands and reusable water bottles, including some Nalgene bottles, as well as the lining of some food and drink containers and dental sealants.



Plastics containing bisphenol A are labeled with the #7 recycling symbol on the bottom of the bottle and/or the letters "PC" near the recycling triangle.

Number 7 plastics are categorized as "other" and include other plastics, not just polycarbonate.

You can minimize your child's exposure to bisphenol A by taking the following steps:

- Use glass, or polypropylene bottles (#5 plastic) instead of polycarbonate (#7 plastic) bottles.
- If you continue to use polycarbonate bottles, do not use harsh detergents or put bottles in the dishwasher. These factors help to degrade the plastic and break-down the bonds to release bisphenol A. Instead, clean polycarbonate bottles with warm soapy water and a sponge.
- Avoid heating polycarbonate containers in the microwave; use glass or ceramic containers instead.
- Avoid using infant formula in cans that use bisphenol A as an epoxy liner. Take a look at the [Environmental Working Group's report](http://www.ewg.org/reports/infantformula) on bisphenol A in infant formula to get helpful tips. (<http://www.ewg.org/reports/infantformula>).
- Cut back on canned foods and beverages to reduce your family's exposure to bisphenol A contamination from the inside lining of cans. Also, avoid canned foods that are highly acidic (eg. tomato sauce) or fatty (eg. fish in oil), as bisphenol A reacts to acids and lipids.

Sources of bisphenol A-Free Baby Bottles

Adiri- Makes a bisphenol A-free Natural Nurser bottle made of polypropylene.

www.adiri.com

BornFree-Baby products manufacturer BornFree only manufactures and sells baby bottles that are bisphenol A-, phthalate-, lead-, and PVC-free. The bottles are available online and at local retailers. www.newbornfree.com

Evenflo- Makes glass bottles and its Comfort Select plastic line does not contain bisphenol A. www.evenflo.com

Green to Grow- bottles are bisphenol A-free and phthalate-free.

www.greentogrow.com

Klean Kanteen- Stainless steel interior and exterior. Comes with a sippy cup lid.

www.kleankanteen.com

MAM- 'Care' bottles are bisphenol A-free, but other products are not. Available online.

www.mambaby.com

Nurture Pure- all products are bisphenol A-free. Also available is a silicone glass bottle sleeve.

Thermos- Foogo line of sippy and straw cups. Stainless steel interior and exterior.

www.thermos.com

thinkbaby- all bottles and trainer cups are bisphenol A-free. www.thinkbabybottles.com

The list of companies is always growing and can change depending on where you live. Look for labels that read 'Bisphenol A-Free' or 'BPA-Free.'

Ban Bisphenol A in food and drink containers

Canada's federal government has announced a tentative designation for bisphenol A as 'toxic' under Canadian law. Canada is the first jurisdiction in the world to consider designating the chemical, bisphenol A, as hazardous to human health and the environment.

The government is expected to propose specific regulatory measures, but the process toward eliminating bisphenol A in consumer products is not over. That is why Environmental Defence is pressuring companies to stop producing bisphenol A in Canada and switch to safer alternatives. Companies like Bayer AG, and Dow Chemical Canada Co. will be hearing from us! It is only fair that we ensure that all children have the best opportunity to grow up to be safe and healthy.

The Ontario government has also set-up an expert panel to review toxic chemicals, including bisphenol A.

Support our campaign for action to ensure that all children have a safe and healthy life - www.toxicnation.ca.