

# 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

**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](http://www.newbornfree.com)

**Evenflo**- Makes glass bottles and its Comfort Select plastic line does not contain bisphenol A. [www.evenflo.com](http://www.evenflo.com)

**Klean Kanteen**- Stainless steel interior and exterior. Comes with a sippy cup lid. [www.kleankanteen.com](http://www.kleankanteen.com)

**MAM**- 'Care' bottles are bisphenol A-free, but other products are not. Available online. [www.mambaby.com](http://www.mambaby.com)

**Thermos**- Foogo line of sippy and straw cups. Stainless steel interior and exterior. [www.thermos.com](http://www.thermos.com)

**Green to Grow**- bottles are bisphenol A-free and phthalate-free. [www.greentogrow.com](http://www.greentogrow.com)

## **Ban Bisphenol A in food and drink containers**

Canada's federal government is reviewing the safety of bisphenol A and the Ontario government is setting up an expert panel to review toxic chemicals, including bisphenol A. Environmental Defence believes cautionary action is necessary to help ensure the health and well-being of future generations. We are calling for a ban on bisphenol A in all food and beverage containers. Support our call for action by signing our online petition to ban bisphenol A – [www.toxicnation.ca](http://www.toxicnation.ca). Safer alternatives are already on the market, manufacturers are already moving to meet the demand. It is only fair that we ensure that all children have the best opportunity to grow up to be safe and healthy.