



Bisphenol A (BPA)

Why am I being warned about potential exposure to bisphenol A?

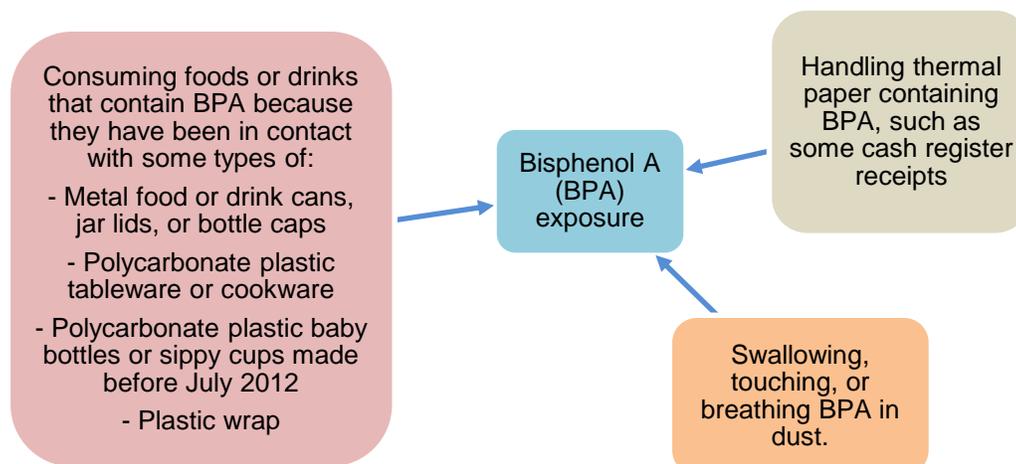


- Bisphenol A is on the [Proposition 65](#) list because it can harm the female reproductive system, including effects on ovaries and eggs.
- Proposition 65 requires businesses to determine if they must provide a warning about exposures to [listed chemicals](#).

What is bisphenol A?

- BPA is a widely used chemical. Sources of exposure to BPA include:
 - ▶ Some linings that prevent rust, corrosion, and contamination in metal food and drink cans, jar lids, and bottle caps.
 - ▶ Polycarbonate (PC) plastic items such as some water bottles, water cooler bottles, dishes and utensils, cookware, food storage containers, and electric kettles.
 - Items made of this hard plastic often have the recycle code “7”, “3”, or “PC”.
 - ▶ Some polyvinyl chloride plastics (sometimes called PVC or vinyl), such as some plastic food wrap and some vinyl gloves.
 - ▶ Some thermal paper, which has a glossy surface and is often used for receipts such as from cash registers, gas pumps, and ATMs.

How does exposure to bisphenol A occur?



How can I reduce my exposure to bisphenol A?

- ✓ Store food and liquids in glass or stainless steel rather than plastic containers.
- ✗ Avoid using polycarbonate plastic containers and tableware for hot food or drinks.
- ✗ Avoid microwaving polycarbonate plastic containers.
- ✗ Avoid washing polycarbonate plastic containers in the dishwasher.
- ✓ If you bottle-feed your infant, use glass bottles.
- ✓ Eat more fresh food and less canned food, if possible.
- ✓ Because BPA can get on your hands after touching some receipts, or coming in contact with BPA-containing dust, wash your hands and your child's hands frequently with soap and water, especially before preparing food and eating.
- ✓ Because BPA can be present in dust, reduce dust in your home by dusting and cleaning your floors regularly with a wet mop or a vacuum with a high efficiency particulate air (HEPA) filter, if possible.
- ✓ If your dentist recommends sealants or fillings, ask about BPA-free options.

For more information:**General BPA Fact Sheets and Resources:**

- U.S. Food and Drug Administration (U.S. FDA)
 - ▶ Bisphenol A (BPA)
<http://www.fda.gov/food/ingredientspackaginglabeling/foodadditivesingredients/ucm166145.htm>
 - ▶ FDA Continues to Study BPA
<http://www.fda.gov/downloads/forconsumers/consumerupdates/ucm297971.pdf>
- National Toxicology Program (NTP)
 - ▶ Bisphenol A (BPA)
http://www.niehs.nih.gov/health/assets/docs_a_e/bisphenol_a_bpa_508.pdf
- National Institute of Environmental Health Sciences (NIEHS)
 - ▶ Bisphenol A (BPA)
<http://www.niehs.nih.gov/health/topics/agents/sya-bpa/index.cfm>
- Centers for Disease Control (CDC)
 - ▶ Bisphenol A (BPA)
http://www.cdc.gov/biomonitoring/pdf/BisphenolA_FactSheet.pdf
- Biomonitoring California
 - ▶ Bisphenol A (BPA) Fact Sheet
<http://www.biomonitoring.ca.gov/sites/default/files/downloads/BisphenolAFactSheet.pdf>

- The French Agency for Food, Environmental and Occupational Health & Safety (ANSES)
 - ▶ Assessment of the Health Risks of Bisphenol A (updated 09/04/2013)
<https://www.anses.fr/en/content/assessment-health-risks-bisphenol-0>
- European Food Safety Authority (EFSA)
 - ▶ Bisphenol A
<http://www.efsa.europa.eu/en/topics/topic/bisphenol>

Proposition 65:

- California Environmental Protection Agency (CalEPA)
Office of Environmental Health Hazard Assessment (OEHHA)
 - ▶ Proposition 65: Background
<https://www.p65warnings.ca.gov/faq>
 - ▶ Proposition 65: The List
<https://www.p65warnings.ca.gov/chemicals>