

ReThink Plastic!

Plastic is harmful to your health and to the Earth.

LEARN:

- *What you can do to make healthier choices*
- *How to reduce plastic use in food prep, serving, and storage*
- *How to choose alternatives to single-use, disposable plastic*



How we're breaking up with plastic!

“My son heats his hot chocolate in his favorite mug that he found in Granny’s cabinet.”

—Meredith



“I use plates on top of bowls to store leftovers in the refrigerator instead of using plastic wrap.”

—Alejandra



“We save all our glass jars from jam and sauces that we re-use to store food.”

—Patrick



“My daughter found a porcelain bowl that she loves. We use it for heating soup or other dishes.”

—Sheila



Make informed choices for a healthier future.
Protect yourself and your loved ones.

For questions or more information:

info@chdstudies.org • (510) 649-6390
info@plasticpollutioncoalition.org • (323) 936-3010

ReThink Plastic
is a collaborative project of:



chdstudies.org



plasticpollutioncoalition.org



cbcrcp.org — funder



phi.org

Simple is safer.



Shopping

Essential change:

- **Use glass or stainless steel water bottles.** One new bottle costs about \$20 once—much less than a year's worth of \$1 bottles of water (\$350/year).

Easy change:

- **Avoid handling paper receipts with bare hands.** Receipts have a plastic ingredient that can quickly be absorbed through your skin.

Challenging changes:

- **Reduce take-out and fast food.** Just one more meal prepared at home can make a difference. Take-out food is stored, prepared, and/or packaged in plastic.
- **Buy more fresh fruits and vegetables.** Reduce your food exposures from plastic packaging and plastic lining in cans.

Cooking & Serving

Essential change:

Choose glass or ceramic for:

- Microwaving food
- All hot drinks

Easy change:

- **Avoid heating food in plastic—and never put plastic in the microwave.** Even “microwave-safe” plastic can leach chemicals into food when heated.

Challenging change:

- **Skip the can.** Cans usually contain a plastic lining. Choose loose dried beans, and soak them overnight or use a pressure cooker. Buying in bulk saves money too!

Food Storage

Essential change:

- **Avoid putting hot food into plastic containers.** If non-plastic containers have plastic lids, wait until food is room temperature before putting the lid on.

Easy change:

- **Store food in bowls, pots, and jars of glass, ceramic, wood, or food-grade stainless steel.**
- **Hand wash plastic containers—don't put into dishwasher.** Heat causes the chemicals in plastics to leach out of the containers.

Challenging change:

- **Purchase prepared soups, sauces, and condiments in glass containers instead of plastic.** Glass jars are easy to clean and reuse for storing, serving, drinking, freezing, and heating foods.