• Protect yourself and your loved ones across generations.
• Reduce exposure to the harmful chemicals in plastic.
• Make informed choices.

PlasticPollutionCoalition.org
What is ReThink Plastic!?

Originally developed as a collaborative pilot research study by Plastic Pollution Coalition and Child Health and Development Studies, ReThink Plastic! successfully reduced exposure to toxic chemicals in plastic. ReThink Plastic! provides suggestions that will reduce exposure to the harmful chemicals in plastic and gives recommendations to help you make informed choices for a healthier future.

www.plasticpollutioncoalition.org

Use More
- Reusables
- Glass containers
- Ceramic
- Stainless steel
- Fresh fruits
- Fresh vegetables
- Home cooked meals
- Unpackaged foods
- Bulk food

Use Less
- Take-out food
- Plastic water bottles
- Microwaving plastic
- Canned food
- Plastic foodware
- Touching receipts
- Polystyrene (Styrofoam)
- Plastic Utensils
- Plastic Straws
Plastic is Harmful

Tons of plastic are being dumped in the world’s oceans and waterways every day. Plastic is in our soil, air and water. Fish are ingesting tiny plastic pieces which contain toxic chemicals. Smaller fish are being consumed by bigger fish. Since it’s a major source of protein worldwide, recommendations are that it's best to eat lower on the food chain.

Low Doses Matter

Everyday exposures to EDC’s contribute to modern health epidemics.

How are people exposed?

- Sodas & water bottles, etc.
  - Moderate or hazard; breaks down after multiple uses
- Milk, water, juice containers; box liners
  - Low hazard
- Plastic toys, shower curtains, tablecloths, etc.
  - Endocrine disruption
- Bags for newspapers, bread, produce, etc.
  - Low hazard
- Packaged foods (yogurt, deli meats, etc.)
  - Low hazard
- Styrofoam (cups, etc.)
  - Nervous system damage & cancer
- Various products
  - Endocrine disruption
  - Reproductive toxicity

We Can’t Recycle Our Way Out of This Problem

Bisphenols and Phthalates are Endocrine Disrupting Chemicals (EDCs) which give plastic the properties which make it transparent, flexible and/or rigid. EDCs, also known as "environmental estrogens", mimic our bodies natural hormones, but can turn growth off and on at the wrong time and in the wrong place, causing serious health problems. Scientific evidence has shown that EDCs have strong links to cancer of the breast, prostate and brain, as well as obesity, diabetes, infertility and other conditions.

Refuse Single-Use Plastic

The majority of plastics are never recycled. Plastics leach toxic chemicals.

Avoid the following plastic food containers:

#3, #5, #6, #7
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.

Easy Change:
• Avoid handling paper receipts with bare hands.
• Receipts have a chemical used in plastic that can quickly be absorbed through your skin.

Under Challenging Change:
• Put a period at the end of the sentence after "cans."

Cooking

Essential change:
Choose glass of 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 into food when heated.

Challenging change:
• Skip the can. Cans usually contain a plastic lining.
• Choose loose dry beans and soak them overnight or use a pressure cooker.
• Buying in bulk saves money too!

Serving

Essential change:
• Choose glass, ceramic or stainless steel for all hot drinks. If heating food or drink in the microwave - only use glass or ceramic.

Easy change:
• Avoid serving hot food on plastic trays, not even, "microwave-safe" plastic. These can leach chemicals into food when heated. Use ceramic, glass or stainless steel.

Challenging change:
• Canned foods which usually contain a plastic lining. Use ceramic or glass dishes after cooking beans that have been soaked overnight or baked in a pressure cooker.

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.
Think Reusable, Not Disposable

Plastic Free Solutions:

• Use glass or stainless steel water bottles
• Store food in glass or ceramic containers
• NEVER bake, boil or microwave food in plastic containers
• Skip canned foods and beverages
• Reduce take-out food
• Avoid handling receipts with bare hands

If you do:
• Wash with soap and water as soon as possible
• DO NOT use hand sanitizer

ReThink Plastic is an ongoing training program available in English and Spanish.

Contact us if you’re interested in participating in, supporting, or translating this project.

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