

## Food Packaging

### Why we care

We've known for a long time that chemicals can leach from plastic packaging into food. However, scientists are learning more about specific chemicals that we should watch out for, such as the PFCs in grease-proof paper wrappers, bags, and boxes used by fast-food restaurants. A new technical report by the American Academy of Pediatrics recommends that we reduce exposures to risky chemicals in food packaging. Children are particularly vulnerable: they eat more food per pound of body weight than adults, and their bodies are still developing and maturing, so hormone-disrupting chemicals might cause lasting changes. For examples of specific chemicals, see a *New York Times* [article](#) about the report.

### Simple, positive steps

- Choose fresh or frozen fruits and vegetables instead of canned whenever possible unless the can is labeled "BPA-free." See a [report](#) about ten canned products.
- Avoid microwaving food or beverages in plastic containers.
- Don't put plastic food containers into the dishwasher.
- Use alternatives to plastic for storing food or beverages, such as stainless steel or glass.
- Check the recycling code on the bottom of plastic bottles, tubs, or boxes and avoid the numbers 3, 6, or 7, which may contain chemicals of concern.

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