

# Plastics Affect Your Health



## HOW TO REDUCE YOUR EXPOSURE TO PLASTIC CHEMICALS

TAKE ACTION.

SLOWLY MAKE CHANGES.

START NEW HABITS.

Each of us can contribute to solutions ...

- About drinks and food: Use glass, stainless steel, or aluminum to avoid plastic in your food. You can make that change by using reusables; bring your own to-go containers.
- For cooking: Use cast iron, stainless steel, glass, aluminum, ceramic, bamboo. Never heat any food or drink in plastic in a microwave.
- Begin replacing any plastic storage containers and instead use glass, stainless steel, ceramic, food-grade silicone, aluminum foil or beeswax wrap.
- Begin replacing any plastic cooking tools and instead use stainless steel, bamboo, wood, or food-grade silicone cooking tools.
- For clothing, look to buy cotton, linen, bamboo, hemp, wool, silk. Remember secondhand clothing is a great sustainable choice.
- Shop locally and buy in bulk whenever possible.
- Ask our local grocers and shops to be more sustainable – e.g., paper or compostable (not recycled plastic) bags for produce and baked goods.
- Write and/or call our local, state and national government representatives urging them to pass stronger policies that PROTECT US ALL from dangerous chemicals in plastics. We now KNOW they are negatively affecting human health!
- Sign petitions that support rules TO STOP plastic proliferation. Together we all can influence the changes we want to see.

Re-Commit to those 3 R's: **Reduce • Reuse • Recycle**

Join Sustainable Southbury at [www.sustainablesouthbury.org](http://www.sustainablesouthbury.org). Learn lots of ideas and solutions, find resources, and get involved in some way that works for you.

Do NOT heat food or drinks in plastic

Use plastic alternatives

Plastics negatively affect everyone's health

Voice your concerns

