

Bisphenol A (BPA)

Why am I being warned about potential exposure to BPA?



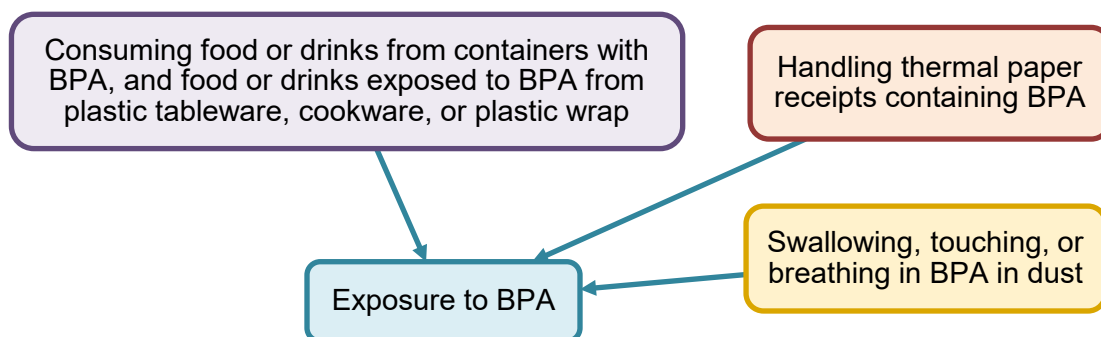
- BPA is on the [Proposition 65](#) list because it may harm the developing baby, and it may harm the female reproductive system, including the ovaries and eggs.
- Proposition 65 requires businesses to determine if they must provide a warning about exposure to [listed chemicals](#).

What is BPA?

BPA is a chemical used in a variety of plastics, resins, and coatings. Sources of exposure to BPA include:

- Some linings in metal food and drink cans, jar lids, and bottle caps.
- Polycarbonate plastic items: some water bottles, jugs for water dispensers, dishes, utensils, cookware, food storage containers, and electric kettles. Items made of this hard plastic often have recycle code 3 or 7.
 - ▶ BPA may be present in baby bottles and sippy cups made before July 2012.
- Some polyvinyl chloride plastics (sometimes called PVC or vinyl), such as some plastic food wrap and vinyl gloves.
- Some thermal paper that has a glossy surface and is often used for receipts from cash registers, gas pumps, and automated teller machines (ATMs).

What are some ways that exposure to BPA can occur?



How can I reduce my exposure to BPA?

- ✓ Store food and drinks in glass or stainless steel containers, rather than plastic ones.
- ✗ If you use polycarbonate plastic containers or tableware:
 - ▶ Avoid using them for hot food and drinks.
 - ▶ Avoid placing them in the microwave oven or the dishwasher.
- ✓ If you bottle-feed your infant, use glass bottles.
- ✓ Choose food and drinks that do not have Proposition 65 warnings for BPA, if possible.
- ✓ Choose more fresh food and less canned food, if possible.
- ✓ Minimize your exposure to thermal paper and dust.
 - ▶ Wash your hands and your child's hands frequently with soap and water, especially before preparing food and before eating.
 - ▶ Clean surfaces and floors regularly. Use a damp cloth, wet mop, or vacuum cleaner 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 Fact Sheets and Resources

- US Food and Drug Administration (FDA)
 - ▶ Bisphenol A (BPA)
<http://www.fda.gov/food/ingredientpackaginglabeling/foodadditivesingredient/ucm166145.htm>
 - ▶ Bisphenol A (BPA): Use in Food Contact Application
<https://www.fda.gov/food/food-additives-petitions/bisphenol-bpa-use-food-contact-application>
- National Institute of Environmental Health Sciences (NIEHS)
 - ▶ Bisphenol A (BPA)
<http://www.niehs.nih.gov/health/topics/agents/sya-bpa/index.cfm>
- Biomonitoring California
Bisphenol A (BPA)
<https://biomonitoring.ca.gov/chemicals/bisphenol-bpa>
- California Environmental Protection Agency (CalEPA)
Office of Environmental Health Hazard Assessment (OEHHA)
 - ▶ Bisphenol A in Canned and Bottled Foods and Drinks
<https://www.p65warnings.ca.gov/fact-sheets/bisphenol-bpa-canned-and-bottled-foods-and-beverages>
- Government of France
French Agency for Food, Environmental and Occupational Health & Safety (ANSES)
 - ▶ Bisphenol A
<https://www.anses.fr/en/content/bisphenol-1>

- European Union (EU)
European Food Safety Authority (EFSA)
 - ▶ Bisphenol A
<https://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 of Chemicals
<https://www.p65warnings.ca.gov/chemicals>
 - ▶ Proposition 65: Fact Sheets
<https://www.p65warnings.ca.gov/fact-sheets>