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?

- Consuming food or drinks from containers with BPA, and food or drinks exposed to BPA from plastic tableware, cookware, or plastic wrap
- Handling thermal paper receipts containing BPA
- Swallowing, touching, or breathing in BPA in dust

Exposure to BPA
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/ingredientspackaginglabeling/foodadditivesingred](http://www.fda.gov/food/ingredientspackaginglabeling/foodadditivesingred)
  - Bisphenol A (BPA): Use in Food Contact Application
    - [https://www.fda.gov/food/food-additives-petitions/bisphenol-bpa-use-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)

- Biomonitoring California
  - Bisphenol A (BPA)
    - [https://biomonitoring.ca.gov/chemicals/bisphenol-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

- Government of France
  - French Agency for Food, Environmental and Occupational Health & Safety (ANSES)
    - Bisphenol A
      - [https://www.anses.fr/en/content/bisphenol-1](https://www.anses.fr/en/content/bisphenol-1)
- European Union (EU)
  European Food Safety Authority (EFSA)
  - Bisphenol A

**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