

Summary & Tips



Advocate for Transparent Labeling

Avoiding BPA, Phthalates, Pesticides, Halogenated compounds and other Harmful Toxicants

Preventive Steps

1. Limit exposures to plastics whenever feasible, avoid heating food or beverages in plastic.
2. Discard old, scratched, or damaged plastic food containers, and do not refill plastic water and beverage bottles. Any abrasion leads to chemical leaching, and bacterial contamination rates are high.
3. Avoid plastics with the numbers 7 and 3 as a rule whenever possible, until the recycling codes are updated.
4. Avoid food packaging and canned goods.
5. Drink filtered H₂O from non-plastic containers.
6. Avoid non-stick utensils, pots, and pans.
7. Limit animal fat - a source of lipophilic halogenated chemicals.
8. Limit lake fish and seafood to low mercury choices ([CDPH, 2013](#)).
9. Animal protein should be organic fed/free-range/hormone free whenever possible.
10. Dairy should be free of rBGH (recombinant bovine growth hormone).
11. Use non-toxic personal/cleaning chemicals: [EWG Skin Deep® Cosmetic Database](#).
12. Use HEPA filters when vacuuming and wet mop non-carpeted floors.
13. Use a CO monitor and ensure adequate ventilation in your home.
14. Test garden soil for lead ([PSU, 2017](#)), avoid pesticide use whenever possible.
15. Pets - avoid pesticides on pets whenever possible.
16. Raise awareness of the need to avoid flame retardants.

17. Practice safe mercury disposal. See: [Earth911 Recycling Search](#).
18. Be aware that some herbal preparations are contaminated with heavy metals.
19. Use the [EWG's Shopper's Guide to Pesticides in Produce™](#).
20. Upgrade Cosmetics: use the [EWG's Skin Deep® Cosmetics Database: Top Tips for Safer Products](#).
21. Learn about safer home building products here: [HomeFree](#).
22. Learn about cleaning products of concern here: [WVE - Health First](#).