



MOUNT SINAI  
SCHOOL OF  
MEDICINE

# Mount Sinai Community Health Bulletin



## Quick Guide to Safe Plastics

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All plastics are not the same. Some are safer than others. When plastics come in contact with food and water, they can leak certain chemicals. The *Growing Up Healthy Pocket Guide to Plastics* can be used while shopping to help make the best choices for you and your family.

**Check the symbol on the bottom of plastic items before you buy.**

**The safer plastic choices for food and beverages:**



**Plastics to try to avoid:**



(Usually PVC or vinyl)



(Usually Styrofoam)



Other tips for the safe use of plastics:

1. Try not to use plastic containers in the microwave. If you can, it's safer to use glass or ceramic containers.
2. Beware of using plastic wraps in the microwave. A safer choice is waxed paper.
3. Try to reduce your use of products made of PVC, vinyl or Styrofoam.

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