

Breast Cancer Prevention Partners (BCPP) is the leading science-based policy and advocacy organization working to prevent breast cancer by eliminating our exposure to toxic chemicals and radiation.

We have achieved much in our first 25 years. We've passed critical state and federal legislation, issued 31 major scientific reports, and influenced multi-national corporations, such as Unilever, Procter & Gamble and Johnson & Johnson to adopt safer chemical policies.

Join us in creating a healthier world by protecting our families, our communities and future generations from toxic harm. Visit: [bcpp.org](http://bcpp.org) to learn more.

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# Safer Food Packaging

## Tips To Reduce Your Breast Cancer Risk



Kick the can, get out of plastic, and learn about more healthy ways to reduce your risk of exposure to toxins and carcinogens through safer food packaging and foods.

### 1. Kick the can

Most canned food companies continue to use BPA, an estrogenic chemical linked to breast cancer, to line their metal cans. Research shows that BPA migrates from the can lining into our food and then into our bodies. Choose fresh, frozen or dried, but keep that can opener away.

### 2. Get out of plastic

Plastics can leach harmful chemicals like BPA and phthalates into your food and beverages and then into you. Use glass, ceramic and stainless steel food storage containers and water bottles. Never microwave plastic — even “microwave-safe” plastic can leach chemicals into food when heated.

### 3. Ditch Teflon pots and pans

Some toxic compounds are used in non-stick cookware. While they keep food and stains from sticking, they stick around in the body for a very long time, and have been linked to cancer. Make the switch to cast iron or anodized aluminum cookware, and glass bakeware as you can.

### 4. Buy Fresh and Buy Local

Eating an unprocessed plant based diet with lots of fruits, vegetables, beans, and whole grains has health benefits that helps prevent chronic disease for a lifetime. Shopping at local farmers markets means that we are eating more fresh, unprocessed, seasonal foods and without all of the plastic packaging that comes from the grocery store.