



EMERALD KEEPERS

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For an Emerald Green, Ocean Blue Coronado

TOSS YOUR OLD TUPPERWARE

It's time to check your kitchen cupboards and remove old plastic food containers. Older containers, made before 2010, were made with harmful chemicals that will seep into food. And plastics, even new ones, will leach microplastics, which are unhealthy for you and the planet.

When possible, try to repurpose old containers to organize or store non-food items. Otherwise, containers made of plastics numbered 1 through 5 can be placed in local EDCO recycling.

HARMFUL CHEMICALS

Older plastic food storage products contain phthalates, a group of chemicals, including Bisphenol A (BPA) and bisphenol-S (BPS), that make plastics more flexible and durable. Recognizing the harm of these chemicals, manufacturers started eliminating BPA in their products around 2010. Unless specifically labeled BPA free, containers from pre-2010 will most likely contain phthalates.

HEALTH RISKS

Extensive scientific research documents that BPA and BPS are associated with health issues, including heart disease, infertility, endometriosis, and attention deficit hyperactivity disorder and aggression among children. Phthalates are known endocrine disruptors that interfere with the body's hormonal system.

CHEMICAL RELEASE

All plastics leach small amounts of chemicals and microplastics into the stored food with every use, even at cold



temperatures. Washing plastic food containers in hot water or the dishwasher or scrubbing them with a brush increases the likelihood of plastic leaching. Discolored or cracked containers signal that a chemical change has degraded the plastic, making it more likely to impact your food.

AVOID HEAT

Heating plastic rapidly accelerates the release of microplastics and the transfer of plastic chemicals from containers into food. Even plastic containers labeled "microwave safe" still present health hazards, so avoid heating food in anything plastic.

AGED PLASTIC

As plastics age, they can break down and release chemicals into the food they are meant to protect. Color adheres to the container because of micro-holes or micro-tears, signaling that food is interacting with the plastic. The longer you own plastic food containers, the riskier they are for your health.

ALTERNATIVES

Glass and stainless-steel containers are healthier alternatives for food storage and reheating. Admittedly, glass is heavy and breakable, but the health advantages far outweigh the minor downsides. Porcelain, ceramic or bamboo containers are also safe, convenient alternatives.

So change out your plastic food containers as an investment in your health and the planet.

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Emerald Keepers is a 501(c)(3) non-profit corporation.

