



Facts Friday: Chemicals in Plastic

Plastics are chock-full of chemicals, all extremely harmful to human health. These **toxins include carcinogens and chemicals shown to have damaging effects on reproductive, endocrine and developmental systems.** These chemicals find their way into the environment from the creation of plastic until its end of life. Disposal methods like **incineration releases these toxins into the environment,** directly exposing workers, nearby communities, soil and water. If not incinerated, degrading plastics fragment, which exposes new surface area and allows chemical additives to seep out.

Contact with plastic can lead to **ingestion or inhalation of large amounts of microplastic particles, and hundreds of toxic chemicals.** And the lack of transparency by plastic producers leaves many unknowns of the full cadre of chemicals we are exposed to when we use single-use plastic products.

Challenge: **Choose your reusables wisely,** and avoid unnecessary exposure to harmful chemicals in plastic. Look for stainless steel, ceramic or glass containers for food and beverage transport and storage.

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