

Where Toxins Are Found In Our Day To Day Lives - Plastics

Problem: BPA is only one of many chemicals in the toxic plastic industry. Stop or at least reduce using plastic including water bottles- Plastic pollution is a growing problem in the Great Lakes which provide drinking water for millions of Canadians and support a quarter of the country's farms. Currently, about 80 per cent of litter in the lakes is plastic. Ontario also has the lowest collection rate for plastic beverage containers in Canada, at 47 per cent. In comparison, Canadian jurisdictions with deposit return programs collect up to 95 per cent of their bottles. Phthalates leaching from plastic and birth control pills are the cause of fish in Lake Ontario turning from male to female.

Solution: Replace with glass and stainless steel containers. Try to buy from North American companies- We feel that it is worth the small extra investment to not buy products made in China- the regulations or manufacturing standards are not the same. Use glass containers to heat and store food- (you can use the rubber lids because the food is not in contact with the lid). You even go so far as to buy whatever you can in glass vs plastic- example coconut oil. WTW does not recommend microwaving in general but emphatically not in plastic containers.

References:

I. [Environmentaldefence plastic-bottles](#)

II. [Time Magazine Plastic](#)

III. <https://www.youtube.com/watch?v=XKCpeflOIUw>