

**pocket guide** tips for  
growing up **green & healthy**

**tip** → Find **plastic**   
**products** labelled BPA-free.

BPA (Bisphenol A) is a chemical associated with problems in children's growth and development.



The **pocket guides** are produced by the Mount Sinai Children's Environmental Health Center.  
[www.cehcenter.org](http://www.cehcenter.org)

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✓ Use **safer plastics**,  
labelled 1, 2, 4, and 5.



✗ **Avoid plastics** labelled  
3, 6, and 7.

