

## STAINLESS STEEL FOOD JARS ARE BEST TO KEEP YOUR CHILD'S FOOD HOT AND SAFE

Plastics may contain hormone disrupting chemicals like phthalates and Bisphenol A. When we heat up our food in plastic containers some of these chemicals may be released from the plastic and end up in your food. Stainless steel food jars in your child's lunch kit keeps food hot and safe without the risk of chemicals getting into their food. Preheat stainless steel food jars using hot water before filling it with hot food to keep food warm and ready for your child to eat at lunch time.

If your child uses the microwave:

- use paper towels in the microwave to reheat items such as pizza
- transfer foods from plastic containers onto a glass or paper plate before reheating whenever possible
- use a glass plate or paper towel to cover the food to avoid a mess for others

For more information visit “children’s environmental health” at [www.tbdhu.com](http://www.tbdhu.com)



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