

# EARTH DAY EVERY DAY

*...from St Francis Pledge*



**Styrofoam** is a horrible product that has been banned from most cities in the San Francisco Bay Area (including Oakland and Emeryville). Banned means that restaurants according to most City Ordinances cannot use and distribute Styrofoam, although many retail stores sell it and manufacturers still produce it.

Food grade Styrofoam is unrecyclable for a variety of reasons. Although it can be re-used, it is a persistent pollutant meaning it never breaks down, never goes away and since it is a petroleum based product, it is harmful to the environment and your health.

Whenever Styrofoam made from the plastic polystyrene and various chemicals, is used with hot food and beverages, small doses of chemicals leach from the container into / onto the food and into you when you drink or eat it. All of these chemicals are toxic and carcinogenic over time. Scientists debate about the levels of exposure but given all the toxins in the environment that we are exposed to on a daily basis, why add more when you don't have to?

1. Styrofoam is a banned product. **Don't purchase it. Boycott it.**
2. Choose healthier food and beverage containers: paper (soy, bamboo, bagasse, wheat etc), stainless steel, ceramic, glass. Avoid plastics especially with hot food & beverages.
3. Don't microwave food in Styrofoam. Reheat leftovers in glass, ceramic, and stoneware. (Don't use Styrofoam with hot food and beverages either.)

**As a consumer, you are extremely powerful.** Where you shop and how you use your money can change the market. Make smart choices when shopping and eating out. Don't spend your money with businesses that don't care about the environment, your health or well – being!!!

**Styrofoam contains** the chemical styrene which has been linked to cancer, vision and hearing loss, impaired memory and concentration, and nervous system effects....

**For more information, visit:** <http://saferchemicals.org/2014/05/26/styrene-and-styrofoam-101-2/>