Reducing Your Exposure to Environmental Chemicals

**DO MORE**

- Heating or storing food in **GLASS** or **STAINLESS STEEL** containers
- Choosing furniture with the "**NO ADDED FLAME RETARDANTS**" label
- Dusting surfaces with a damp cloth
- **WASHING HANDS** OFTEN

**DO LESS**

- Storing and microwaving food in **PLASTIC** or **STYROFOAM CONTAINERS**
- Buying plastic products with a 3, 6 or 7 on the bottom
- Buying **CANNED FOODS**
- Handling **PAPER RECEIPTS**

To learn more, please visit [CityofHope.org/breast-cancer-environment](http://CityofHope.org/breast-cancer-environment).