

Mindful Mum Guide | Avoiding BPA in UK Baby Bottles

Use this guide to help feed your baby safely

- Purchase products that are clearly labeled BPA and PVC Free.
- Select bottles made of tempered glass or polyethylene or polypropylene (recycling symbols 1, 2 or 5).
- Choose bottle nipples made from silicon.
- Avoid recycling codes 3 and 7 (PC) that are more likely to contain PVC, phthalates and BPA.
- Select powdered formula rather than liquid formula.
- Do not heat the plastic bottles in the microwave. Use hot water instead.
- Put scratched, worn, or cracked bottles in the recycling bin.
- Use breast pumps labeled BPA free.



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Why the concern with Bisphenol – A (BPA) in bottles?

- BPA is a controversial chemical commonly used in food and drink containers. It has previously caused concerns over health risks to babies, as it is present in some baby's bottles and feeding formula.
- On April 16, 2008, the National Toxicology Program (NTP) raised concerns that exposure to BPA during pregnancy and childhood could impact the developing breast and prostate, hasten puberty, and affect behaviour in American children.
- The Canadian government decided to label BPA as "toxic" in 2008 and have since banned BPA in the production of baby bottles.
- In 2009, six major US manufacturers voluntarily agreed to withdraw BPA from production of baby bottles due to increasing public concern.
- In the UK, the Food Standards Agency insists BPA in UK plastic products is "well below the levels considered harmful". However, due to concern that BPA leaches into formula when heated, parents are advised not to pour boiling liquid directly into bottles, not to microwave them or use scratched or worn ones.



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Recycling Symbols on Baby Bottles

Select bottles made of tempered glass or polyethylene or polypropylene (recycling symbols #1, #2 or #5). Avoid recycling codes #3 and #7 (PC) that are more likely to contain PVC, phthalates and BPA.

Safer Plastic Symbols



PET
Polyethylene, Terephthalate



HDPE
High Density Polyethylene



PP
Polypropylene
(PP bottles are BPA free and a typically semi-cloudy plastic bottle)

Avoid Plastic Symbols



PVC
Polyvinyl Chloride



OTHER
All other resins and multi materials

