



# Sustainability *focus*

**“A SINGLE STEP OF ORGANIZATIONS CAN MITIGATE NEGATIVE IMPACTS”**

**Helping to Attain Sustainability Goals...**

## **Sustainability tip of the month**

***“Stop microwaving food in plastic containers to avoid suffering from diseases such as hormone imbalance, cancer or infertility.”***

In the office, it is the best way to reheat the food during lunch in glass and ceramic containers rather than plastic containers. Also you can use plastic containers that are labeled as microwave-safe. Plastic is made from toxic materials and chemicals such as Bisphenol A (BPA) and Phthalates. When the wrapped food in plastic containers is heated, these toxic chemicals leach into food and cause hormone imbalance, birth defects, breast and prostate cancers, heart trouble, type-2 diabetes, autism, asthma, infertility, and even obesity. You also should not use plastic wrap to touch food during microwaving because it may melt. Alternatively wax paper, kitchen parchment paper, or white paper towels can be used.



## **PLANET WATCH**

### **A Closer Look at Plastics**

Rolf Halden, a researcher at Arizona State University's Biodesign Institute has been following the chemical trail of plastics, quantifying their impact on human health and the environment.

In recent years, two plastic-associated compounds have been singled out for particular scrutiny, due to their endocrine-disrupting properties: Bisphenol A (BPA) and di-(2-ethylhexyl) phthalate (DEHP). Concern over BPA exposure, particularly for highly vulnerable members of the population, has recently led the U.S. Food and Drug Administration (FDA) to place a ban on BPA use in infant bottles, spill proof cups and other products intended for infants and toddlers.

To read more: <http://www.sciencedaily.com/releases/2013/01/130123133928.htm>

### **About Sustainability Focus:**

As a proud member of the BRAC family, BEIL's core beliefs are very much based on the social goals of BRAC and that is why we believe that profit and growth are not sustainable in the modern world without taking care of the environment and community first. Sustainability Focus endeavors to enhance social return on investments. BEIL aims to continuously monitor both our internal and external environment to ensure sustainability in all our business practices. Sustainability Focus is one of the initiatives to bring awareness to our employees and people around us. We believe every little step will make a difference.

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