

5. Fold here along the dotted line (ridge) & the star-dotted line (valley).  
Then put this in your wallet or purse!

4. Fold here along the dotted line (ridge) & the star-dotted line (valley)

3. Fold here along the dotted line (ridge) & the star-dotted line (valley)

Front cover


Back cover

APRIL 2012



POCKET GUIDE  
CANNED  
FREE  
BPA  
FOOD

BpaFreeCannedFood.wordpress.com



Find out more about  
BPA Free Canned Food?  
Scan this QR code  
with your phone and go to  
BPA Free Canned Food

NOTES

1. Glass jars usually have metal lids that have BPA linings. Compare to foods completely surrounded by BPA lining (canned foods), ones in glass jars are a lot less or not contaminated by BPA from the metal lid.

2. FDA's safe level for BPA is 600 parts per billion.

Don't hesitate to email or call the companies! Let them know you are concerned about BPA!

LEFT BLANK  
FOR  
FUTURE USE  
OR  
YOU CAN  
ADD SOME NOTES  
RIGHT HERE

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**AMY'S**  
BPA free as of March 1, 2012. Some probably still left in the store shelves though...

**BIONATURAE**  
BPA free since 2011. It is labeled as BPA free.

**EDEN FOODS**  
No BPA except tomatoes. Look for their tomatoes in glass jars<sup>1</sup> or look for other brands.

**MUIR GLEN**  
BPA free as of October 2011

**NIJIYA MARKET BRAND**  
Nijiya does not have info on BPA in their canned tuna as of April, 2012.

★ **NATIVE FOREST (EDWARD & SONS)**  
As of April 10, 2012  
The following cans showed "No BPA detected":  
Org. Coconut Milk (Classic and Light)  
Org. Pineapple (all varieties)  
Org. Tropical Fruits (Mango, Papaya Chunks and Tropical Fruit Salad)  
Org. Mandarin Oranges  
Org. Peaches  
Org. Asian Pears  
Org. Mangosteen  
Org. Rambutan  
Org. Peach & Apricot Medley  
Org. Grapefruit Segments  
Org. Bamboo Shoots  
Org. Baby Corn  
Green Asparagus Cuts & Tips  
Org. Hearts of Palm  
Natural Artichoke Hearts

★ **SPROUTS FARMERS MARKET BRAND**  
As of February 20, 2012, BPA in all canned products but only 9 parts per billion<sup>2</sup>. Their supplier will start transition to BPA free from Feb/March, 2012. It will be labeled as BPA Free

★ **TRADER JOE'S BRAND**  
BPA Free EXCEPT sardines, crabs, Cherrystone clams, oysters, mandarins, hatch green chilies, artichokes, organic baked beans, and all soups & stews. These will be BPA Free soon in 2012 except for soups & stews which will be in 2013. Ask the store clerk. Metal lids for glass jars have an extra layer to cover BPA lining so that BPA doesn't leach into the food.

★ **VONS O ORGANIC AND OPEN NATURE**  
Vons does not have info on BPA in their canned products as of March, 2012.

★ **WHOLE FOODS MARKET 365 BRAND**  
27% of their canned products are BPA Free but they do not disclose which ones are BPA Free or not...As of February 17, 2012

★ **WILD PLANET**  
As of March 19, 2012, only sardines are in BPA Free cans. Their products in pouches are BPA Free. Wild Planet is working to change all of their cans to BPA Free at this moment.

1. Cut along this line

2. Fold in half along this dotted line

Ridge ●●●●●●●●●●  
Valley ★★☆☆☆☆