Can you find a simple way to keep toxic chemicals out of your kitchen?

Many people don't know that they can greatly reduce their exposure to toxins by keeping plastic wrap away from foods. Even the chemicals known as "endocrine disruptors" that leach into food from wrap and plastic containers can cause health problems. To reduce your exposure, you should cover your food with wax paper or a pile of potatoes, not plastic--and put it into a heat-resistant glass or ceramic container instead of the microwave.

Finished? Learn more about the WWF's Conservation Action Network.