

CHEMICALS AND YOU - WHAT TO DO?

All the information out there can be overwhelming.
Follow these easy tips to keep your family safe & healthy!

IN YOUR HOME

CLEAN IT UP

- **Use non-toxic ingredients:** A 1:1 mix of vinegar & water in a spray bottle can replace many cleaners at home. Do you know vinegar kills bacteria?
- **Leave your shoes at the door**, wash your hands before eating, and dust regularly to avoid buildup of harmful chemicals.

THINK FIRST

- **Do not microwave food in plastic.** Transfer food to glass or ceramic containers so chemicals don't leach from plastic into your food.
- **Use the SkinDeep database** to see how your products rank: www.cosmeticsdatabase.com

AT THE STORE

TAKE A PEEK

- **Look for products** that list ALL of their ingredients, not just active ones.
- **Keep an eye out for these chemicals-** & skip them (see back for more info):
 - Bisphenol A
 - Triclosan
 - Flame Retardants
 - Phthalates
 - Parabens

SHOP SMART

- **Look for products** without "fragrance" in the ingredients list. That one word could mean a hundred additional chemicals, including phthalates.
- **Avoid BPA.** Don't buy polycarbonate plastic, and choose fresh or frozen foods instead of canned whenever possible.
- **Choose toys that are not made of PVC (#3)** or other soft, flexible plastic.
- Some kids' jewelry can contain lead or cadmium. Know what you're buying!

TAKE ACTION

MAKE THE CALL

- **Call the number** on the back of your favorite products. Ask, what's in this product? Tell companies you want toxic-free products. If it has a chemical of concern, let them know you'll be looking for a safer product.
- Tired of chemicals harming our kids? **Call your state Senator** (Switchboard: 518-455-2800) and ask them to support policies that get toxic chemicals out of products.

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KNOW YOUR CHEMICALS

Everyday products can contain harmful chemicals. Before you buy, find out what's really inside!

FLAME RETARDANTS: These chemicals are building up in our homes, bodies, and breast milk. Over time, they can get into the air, dust or on our hands where we breathe them in and ingest them in food and water.

Look for them in: electronics, padded furniture & baby products with foam.

BISPHENOL A: BPA, the building block of polycarbonate plastic, can harm natural hormone systems. It can leach from the plastic, often labeled as number 7 with PC in the "recycled" logo.

Look for it in: sports water bottles, baby bottles, sippy cups, toys, 'shatterproof' cups, and food, drink and infant formula can linings.

PHTHALATES: Used in artificial fragrances or colorings. Since fragrance information is protected by trade secrets, phthalates are not listed on the label. Linked to hormone and reproductive problems.

Look for them in: products with fragrance on the label; phthalates won't appear as an ingredient.

TRICLOSAN: Studies show it is doesn't do a better job of preventing germs from spreading than ordinary soaps, and can lead to resistant bacteria. Triclosan can harm fish and other animals that live in lakes, streams, and oceans.

Look for it in: hand soap, dish detergent, hand sanitizer, and other antibacterial products.

PARABENS: Used as a preservative to slow bacterial growth. Known to act like human hormones; linked to reproductive problems.

Look for them in: shampoo, conditioner or lotion, sometimes with a prefix like "methyl-" or "butyl-"

BETTER PLASTICS

If you use plastic, look for products with these labels.

Be sure to recycle your 1s, 2s, 4s, and 5s where available.



QUESTIONS? WANT TO LEARN MORE? CONTACT US!

**CLEAN &
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