

# SAFER HOUSEHOLD PRODUCT CHOICES

## GREEN CLEANING KIT



VINEGAR



LIQUID SOAP



LEMON JUICE



ESSENTIAL OILS

BAKING SODA



OLIVE OIL



WASHING SODA



## PRODUCT CERTIFICATION



## PRODUCT LABELS

What to look for



Third-party certified labels

Official biodegradability designation

Complete and specific ingredient list

Full chemical names

Company contact information



Signal words like "Danger" or "Caution"

Aerosols

Overwhelming chemical odors

"Fragrance" or "parfum"

Dyes

## EASY DIY RECIPES

### SOFT SCRUBBER

- 1/2 cup baking soda
- Liquid soap

Mix baking soda with enough (non-toxic) liquid detergent to create a creamy consistency. Make as needed.

### GLASS CLEANER

- 1 cup vinegar
- 3 cups water

Mix ingredients in a spray bottle. Spray on a glass surface and wipe clean with a cloth or newspaper.

### FURNITURE POLISH

- 1/2 tsp olive oil
- 1/4 cup vinegar or lemon juice

Mix ingredients, then apply a small amount to a cloth and wipe surfaces in need of revitalization!

### ALL-PURPOSE CLEANER

#### Spray cleaner:

- 1/2 cup vinegar
- 1/4 cup baking soda
- 1/2 gallon water

Mix in a spray bottle and use immediately - spray on, wipe off and let dry.

#### Creamy cleaner:

- 1/2 tsp washing soda
- 1/2 tsp liquid soap
- Hot water

Mix into a creamy consistency. Wash, rinse and let dry.

### LAUNDRY DETERGENT

#### Powdered:

- 1 bar castile soap (grated)
  - 3 cups washing soda
- Combine ingredients in a food processor until blended. Store and use 2-3 tbsp per load.

#### Liquid:

- 3/4 cup liquid castile soap
  - 1 cup washing soda
- Dissolve the washing soda in just enough hot water to cover it. Add in soap. Store and use 2-3 tbsp per load.



# TOXIC HOUSEHOLD PRODUCTS TO AVOID



## CHECK THESE LABELS CAREFULLY!

Always read labels of these household products that commonly contain harmful substances:

- Disinfectants
- Fabric softeners
- Detergents
- Metal polishes
- All-purpose cleaners
- Glass cleaners
- Bleach/Whitening products
- Automatic dishwasher gels
- Laundry care products
- Air fresheners



Manufacturers are not required to list all ingredients on labels.

Children, pregnant women and older adults are more sensitive to toxic ingredients than others.



Terms like "green" or "nontoxic" can be used without verification of their meaning.

Health effects are sometimes not immediate but can appear years after exposure.



Consumer and industrial products now create more VOC (volatile organic compound) emissions than cars. Many of the chemicals listed here are considered VOCs.

One third of childhood cancer is caused by environmental factors such as harmful household products.

## Look out for these harmful ingredients!

- Phthalates
- Parabens
- Lead
- BPA/BPS
- Alkylphenol Ethoxylates
- Triclosan
- Ethanolamines
- Oxybenzone
- Diazolidinyl
- Imidazolidinyl Urea
- Chlorine
- 2-Butoxyethanol
- Quaternary Ammonium Compounds
- Butylated Hydroxytoluene (BHT)
- Formaldehyde
- Fragrance, parfum, or scent
- Sodium Lauryl Sulfate



## KNOW THE HEALTH RISKS

### ENDOCRINE DISRUPTION

By mimicking hormones, endocrine disruptors can reduce fertility, cause premature puberty, and increase cancer risk in the breasts, ovaries and prostate.



### BIRTH DEFECTS

Exposure to harmful ingredients while pregnant can result in problems for newborn babies.

### CANCER

Some household product ingredients are considered probable carcinogens.

### ASTHMA

Asthma symptoms can be triggered or worsened by inhaling harmful ingredients. Over time, spray cleaners can be as damaging as smoking a pack a day.



### ALLERGIC REACTIONS

Many products, especially those containing fragrance or ammonia, can cause or worsen allergic reactions.



For more info about indoor environmental health, visit:  
<https://www.epa.gov/indoor-air-quality-iaq>