

ENVIRONMENTAL TOXINS

Tips to Reduce Environmental Toxins in the Home

- **Take off your shoes.** Keeps pesticides and other chemicals from entering your home
- **Check out the safety of your personal care items** at websites such as www.cosmeticsdatabase.com and look for healthier alternatives.
- Read the environmental working group's list of **pesticide levels in produce** found at EWG.org. If organic is not in the budget, choose conventional items with lowest levels.
- **Open windows** at least 5 minutes a day. Let the fresh air in.
- Use **vinegar and water to clean your floors.** Many easy cleaning recipes can be found online if interested.
- **Ditch the conventional air fresheners.** They are just a way of injecting chemicals in to the air. Natural remedies with pure essential oils or citrus and cinnamon online.
- Carry a **reusable water bottle (stainless steel or glass).** Avoiding plastic saves money on bottled water and keeps plastic out of the landfills.
- **Don't microwave in plastic.** Avoid potential leaching of compounds into your food. If using conventional paints and carpets, let air out well before using the room.
- Start to **look at labels on food.** If you want to decrease artificial ingredients, learn how to recognize them. If it says the name of a color and a number, it is artificial.
- If you **dry clean your clothes, let them air out** in the garage for few days before bringing in to the home.
- **Get rid of plastics # 3,6,7.** (# usually in triangle on bottom)
- **Eat more unprocessed foods.**
- **Buy local produce in season** (know your local farmer)
- **Ditch the laundry sheets** you add to the dryer.
- **Dust more often** (many chemicals are conveyed in dust)