CLEAN GREEN HOME

It's SIMPLER than you think...!

art by MAREK BENNETT
MY FAMILY

deserves a CLEAN, HEALTHY living space!

But when it's time to CLEAN UP...

I find myself REACHING for—

DUN DUN DUN
SO MANY CLEANING PRODUCTS, SO MANY CHEMICALS...

What are you doing to my FAMILY and our ENVIRONMENT?

HEH HEH HEH

YOU REALLY WANNA KNOW?
HEALTH HAZARDS
OF COMMON CHEMICAL CLEANING PRODUCTS

Many common ingredients of household cleaning products have been linked to:
- Cancer
- Bioaccumulation
- Hormone disruption
- Genetic damage

Small amounts of chemicals build up in your bloodstream over time.
That's called unlisted ingredients may cause other chemicals actually sneak into your cells and cause.

Small children and pets are especially vulnerable!
Environmental Hazards

The chemical cleaning products we use in our homes...

...eventually accumulate in our air and water...

...causing serious damage to wildlife, plants, and entire ecosystems!
THE "FILTHY FIVE"
COMMON CHEMICAL CLEANING INGREDIENTS

**FRAGRANCE**

- 3,000+ different chemicals found in most brand-name cleaning products

**ASSOCIATED HEALTH RISKS**
- Allergies
- Reproductive Toxicity
- Cancer
- Toxic to plants and wildlife

**ETHANOLAMINE**

- Highly toxic to aquatic wildlife
- All-purpose cleaners
- Glass cleaners
- Laundry detergents
- Disinfectant sprays

**NOTE:** Companies are not required by law to specify which chemical "fragrances" their products contain.
SODIUM HYDROXIDE
SEVERE BURNS
SKIN CORROSION
TOXIC to FISH

METHYLISOTHIAZOLINONE
“MEH - thil - EYE-so- THIGH-ah-ZOH-lih-known”

SKIN IRRITATION
ALLERGIES

TOXIC to AQUATIC LIFE

ANIONIC SURFACTANTS
SKIN IRRITATION
RESPIRATORY PROBLEMS
GENETIC DEFECTS
TOXIC to WILDLIFE!

Some of these chemicals are broad categories & have many other names!
Be vigilant when shopping & check unfamiliar ingredients before assuming they’re safe...
For more information on product ingredients & health concerns, visit:
www.ewg.org/guides/cleaners
CLEAN GREEN ACTIONS:

NOW YOU CAN FIND OUT what's in your CLEANING PRODUCTS using a simple ONLINE GUIDE.

at: www.ewg.org/guides/cleaners

Every product gets a SAFETY LETTER GRADE!

ALSO: Look for THIRD-PARTY SAFETY CERTIFICATION like GREEN SEAL!

→ more info: www.greenSeal.org
CHOOSE CAREFULLY
when shopping...

EWG.org

SAFE PRODUCTS
are available!

REDUCE
your use of
CHEMICAL
CLEANERS...

TO:
Household
Hazardous
Waste Collection

REPLACE
them with
SAFE ALTERNATIVES.

SPREAD THE WORD
to SHARE the
SAFE PRODUCTS
you use

CLEAN UP
our
CLEANERS
and ADVOCATE
for RESPONSIBLE
PRODUCT LAWS!
Here's how to start your own All-Natural Money-Saving Clean Green Team!

**All-Purpose Glass Cleaner**

Combine:

\[
\left( \frac{1}{2} \text{ Cup Vinegar} \right) + \left( 2 \text{ Cups Water} \right)
\]

In a Spray Bottle

For extra tough messes:

\[
\begin{align*}
\text{Scrub first with Baking Soda} & \quad \text{ or } \quad (1 \text{ tsp Castile Soap}) + (1 \text{ Cup Water}) \\
& \quad \text{ If chemical glass cleaners have left a streaky residue, wash first with soapy water and wipe dry with newspaper.}
\end{align*}
\]

**Tub Scrub**

Combine:

\[
\left( \frac{1}{4} \text{ Cup Baking Soda} \right) \quad \left( \approx 2 \text{ Tbsp Liquid Castile Soap} \right)
\]

In a Bowl.

Stir in Castile soap as needed until thick as frosting.

Spread in dirty tub & scrub!

More cleaning recipes & tips online at: www.womensvoices.org
YAY! We got rid of all those DANGEROUS CHEMICALS,

HELPED our ENVIRONMENT,

saved MONEY...

and TIDIED UP our...

CLEAN GREEN HOME!