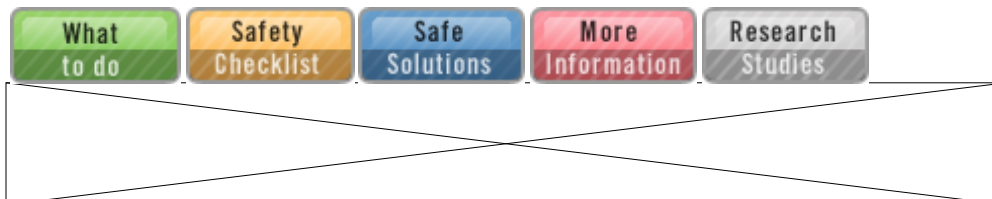




## Use non toxic products – cleaners and body care



We bring home a wide variety of products that can contribute to making our family and home sick and filled with potentially harmful toxicants. We put them in our grocery bags and they can be found in many home and life-style stores as well. Luckily, there are a number of safe and healthy alternatives to these products, which allow you to make informed and wise choices in your marketplace to seriously reduce the amounts of chemicals you invite in your home.

Home cleaners and body care items are two important categories that can have serious effects on you and your child's health.

### **Safety Checklist**

#### **Cleaners**

- Buy cleaning products that don't contain harsh chemicals or fumes. Or make your own with typical household products.
- Use a [HEPA filter vacuum cleaner](#) that traps fine particles of dust, soot and pollen, and wet mop regularly.

#### **Body Care Items**

- Encourage regular hand washings with gentle castile soap, which is derived from natural ingredients like hemp and jojoba. Anti-bacterial soaps have raised concerns of developing resistant bacteria, so only use alcohol-based products.
- Buy safe products made with organic botanical oils and vegetable-derived surfactants that are paraben-, preservative-, and petroleum-free.
- Avoid items with sodium lauryl and laureth sulfates -1,4-Dioxane, synthetic fragrances and artificial colors, formaldehyde donors, and other proven harmful chemicals.

From <http://healthychild.org>