



### Less Toxic Alternative Cleaners:

- |   |   |
|---|---|
| Baking Soda – cleaner and deodorizer        | Washing Soda – degreaser and stain remover      |
| White Vinegar – degreaser and Air freshener | Olive Oil – dusting aid                         |
| Borax – cleaner and disinfectant            | Essential Oils – disinfectant and air freshener |
| Castile Soap – cleaner (biodegradable)      | Tea Tree Oil – fungicide and biocide            |

Examples of less toxic brand names: 7<sup>th</sup> Generation, Meleluca, Bi-O-Kleen, Ecover

### Less Toxic Alternative Pesticides and Herbicides:

- Borax – cockroaches and ants
- Neem Oil – bug repellent
- Biodegradable Soap Flakes – bug repellent
- Plant other plants to deter pests (Marigolds, lavender, Thai Lemon Grass, Chrysanthemums, etc...)

Examples of less toxic brand names: Eco Smart, Skin So Soft (Avon), Orange Guard

### Know the ingredients in your personal care products:

When buying cosmetics and personal care products avoid buying products with these ingredients...

- **Start at the end**, with preservatives. Avoid:
 

○ Words ending in "paraben"	○ Methylisothiazolinone
○ DMDM hydantoin	○ Triclosan
○ Imidazolidinyl urea	○ Triclocarban
○ Methylchloroisothiazolinone	○ Triethanolamine (or "TEA")
- **Check the beginning** of the ingredients lists, where soaps, surfactants, and lubricants show up. Try to avoid ingredients that start with "PEG" or have an "-eth" in the middle (e.g., sodium laureth sulfate)
- **Read the ingredients in the middle.** Look for and avoid these words: "FRAGRANCE," "FD&C," "D&C" "EDTA", thimerosal, or phthalates.
- **Avoid these chemicals in children's products**
  - 2-Bromo-2-Nitropropane-1,3 Diol
  - BHA
  - Boric acid and sodium borate
  - DMDM Hydantoin
  - Oxybenzone
  - Triclosan



### Alternatives for Crafts and Hobbies:

- |                                    |                       |
|------------------------------------|-----------------------|
| Water based paints                 | Water based adhesives |
| Low or no VOC paints and cleaners  | Use recycled paper    |
| Clays that do not contain Polymers | Use natural dyes      |

