



Upper Valley Lake Sunapee Regional Planning Commission

CLEAN GREEN HOME

art by
**MAREK
BENNETT**

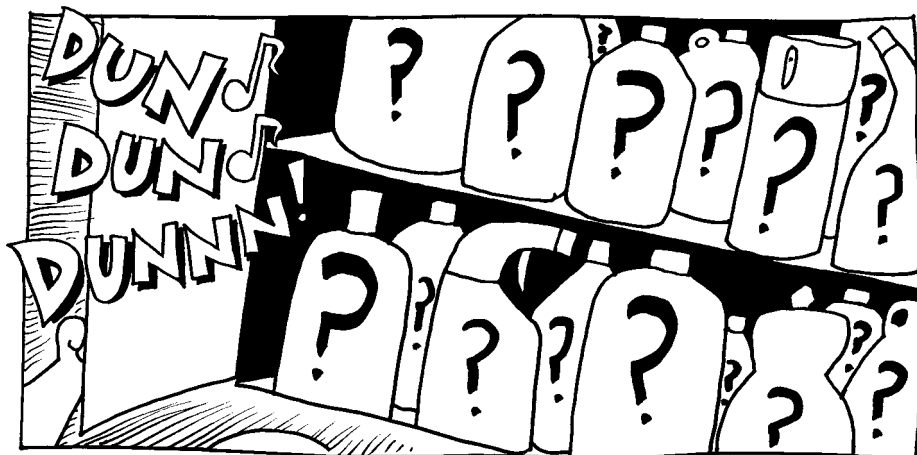
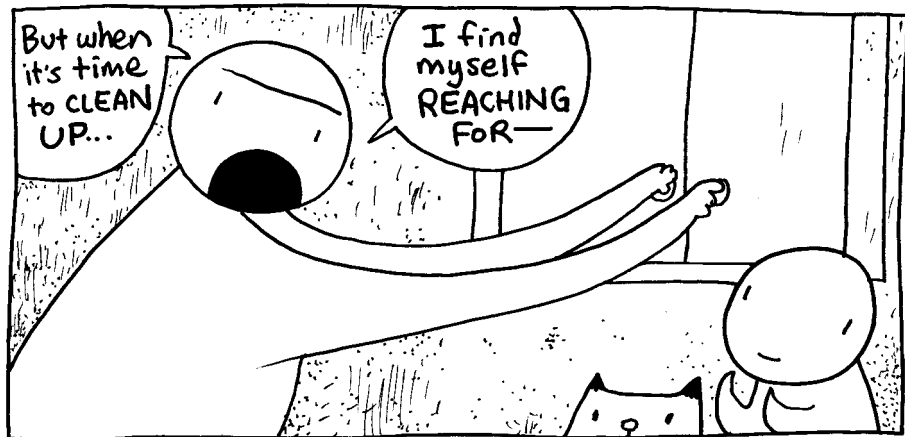


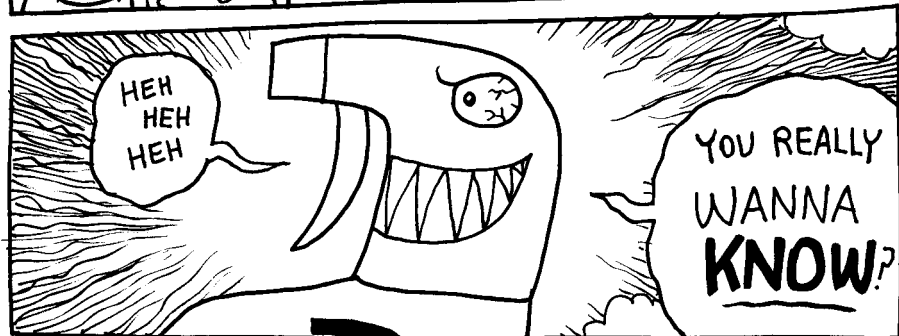
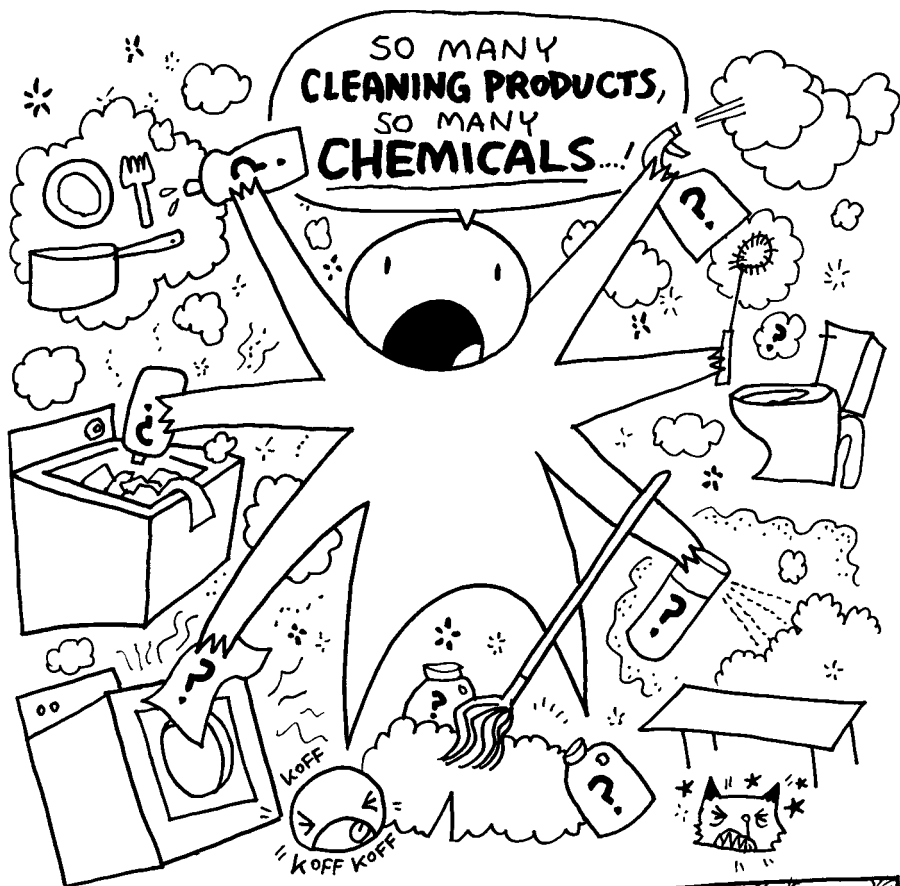
IT'S **SIMPLER,**
THAN YOU THINK...!

CLEAN GREEN HOME

Content by Upper Valley Lake Sunapee Regional Planning Commission

Art by Marek Bennett





HEALTH HAZARDS OF COMMON CHEMICAL CLEANING PRODUCTS

MANY
COMMON
INGREDIENTS
of household
cleaning products
have been
LINKED TO:

CANCER

SMALL
AMOUNTS
of chemicals
BUILD UP
in your bloodstream
OVER TIME...

That's
called:

BIOACCUMULATION

Unlisted ingredients
may cause

Other chemicals
actually
SNEAK INTO
your CELLS
and cause

**HORMONE
DISRUPTION**

**GENETIC
DAMAGE**

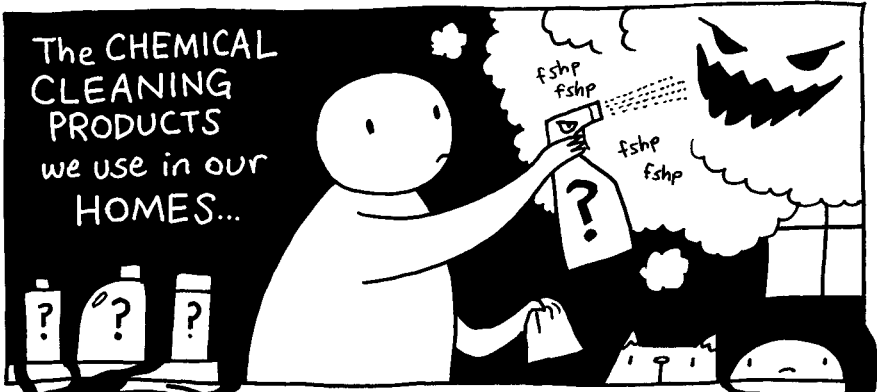
KOFF, KOFF...

SMALL CHILDREN
and PETS are
ESPECIALLY
VULNERABLE!



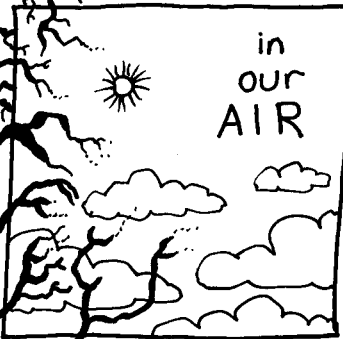
ENVIRONMENTAL HAZARDS

The **CHEMICAL**
CLEANING
PRODUCTS
we use in our
HOMES...

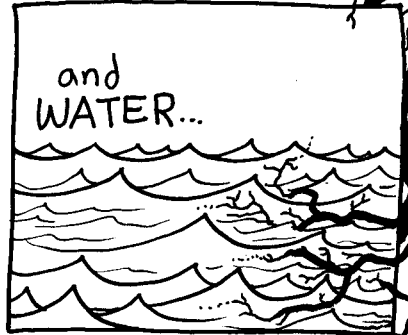


...eventually **ACCUMULATE**

in
our
AIR



and
WATER...



...causing
SERIOUS
DAMAGE

to
WILDLIFE,
PLANTS,
and
ENTIRE
ECOSYSTEMS!



THE "FILTHY FIVE"

COMMON CHEMICAL CLEANING INGREDIENTS

showing:



PRODUCTS THAT
CONTAIN THEM

plus:

ASSOCIATED
HEALTH RISKS!

& ENVIRONMENTAL
DAMAGE!

FRAGRANCE

= 3,000+ different
CHEMICALS found in
most BRAND-NAME
CLEANING PRODUCTS



NOTE: Companies are NOT
REQUIRED BY LAW to
specify which chemical
"FRAGRANCES" their
products contain!

ALLERGIES

REPRODUCTIVE
TOXICITY

CANCER

TOXIC to PLANTS
and WILDLIFE

ETHANOLAMINE

ALL-PURPOSE
CLEANERS

GLASS
CLEANERS

DISINFECTANT
SPRAYS

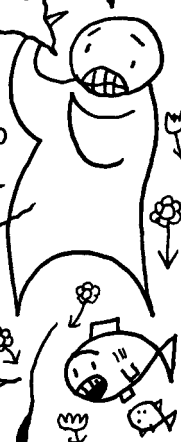
LAUNDRY
DETERGENTS

EYE + SKIN IRRITATION

ASTHMA & other breathing
problems

CENTRAL NERVOUS
SYSTEM DEPRESSION

HIGHLY TOXIC
to AQUATIC
WILDLIFE



SODIUM HYDROXIDE

SEVERE BURNS
SKIN CORROSION
TOXIC to FISH

DRAIN
OPENERS

FURNITURE
SPRAYS

DISH
SOAPS

LAUNDRY
DETERGENTS

OVEN
CLEANERS

TOILET
CLEANERS

METHYLISOTHIAZOLINONE

"MEH - thil - EYE - so - THIGH - ah - ZOH - lih - known"

SKIN IRRITATION
ALLERGIES

DISH
SOAPS

AIR
FRESHENERS

TOXIC to AQUATIC LIFE

ANIONIC SURFACTANTS

SKIN IRRITATION
RESPIRATORY PROBLEMS
GENETIC DEFECTS
TOXIC to WILDLIFE!

LAUNDRY
DETERGENTS

STAIN
REMOVERS

LAUNDRY
DETERGENTS

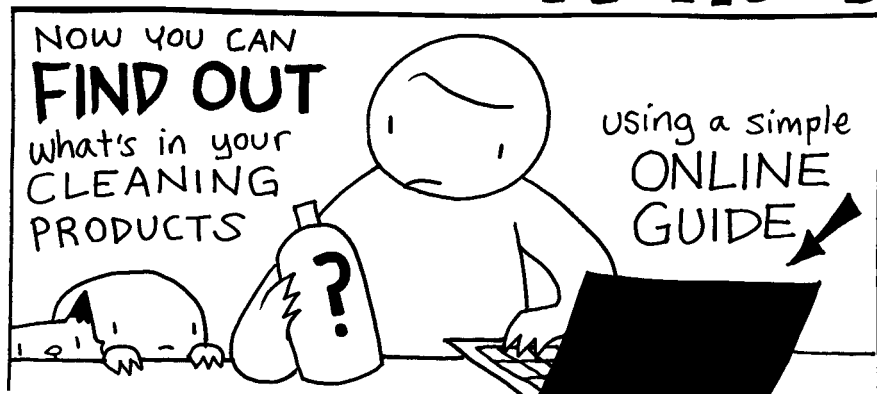
TOILET
CLEANERS

DISH
SOAPS

*
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:



at: www.ewg.org/guides/cleaners

Every PRODUCT gets a SAFETY LETTER GRADE!



EWG's Guide to Healthy Cleaning

Search more than 2,500 products

Search

Back

All-Purpose Cleaner

See: General Purpose Cle... Brand: Company:

Asthma/Respiratory No Data, Some Concern

Skin Allergies & Irritation No Data, Some Concern

Developmental & Reproductive Toxicity Low Concern

Cancer Low Concern

Environment Low Concern

See more:

Aw, FOOEY!



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

more info@: www.greenseal.org



CHOOSE CAREFULLY

when shopping...



REDUCE

your use of
CHEMICAL
CLEANERS...



REPLACE

them with
SAFE
ALTERNATIVES.

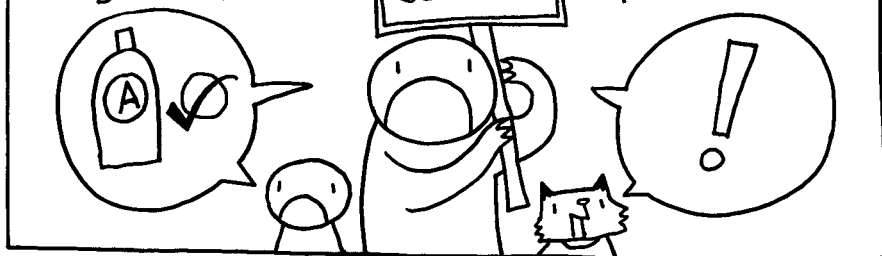


SPREAD THE WORD

to SHARE the
SAFE PRODUCTS
you use

CLEAN UP
our
CLEANERS

and ADVOCATE
for RESPONSIBLE
PRODUCT LAWS!

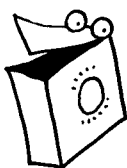


HERE'S HOW TO START YOUR OWN ALL-NATURAL MONEY-SAVING

CLEAN GREEN TEAM!



WHITE
VINEGAR!



BAKING
SODA!



LIQUID
CASTILE
SOAP!

and:



HONESTLY
GREEN
CLEANER!

ALL-PURPOSE + GLASS CLEANER

COMBINE:

($\frac{1}{2}$ CUP
VINEGAR) + (2 CUPS
WATER)

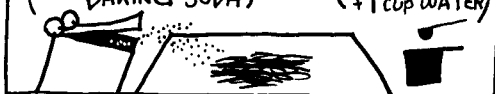


IN A

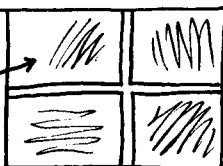


FOR EXTRA TOUGH MESSSES:

(Scrub first with BAKING SODA) - OR - (1 tsp. CASTILE SOAP + 1 cup WATER)



IF CHEMICAL GLASS
CLEANERS have left
a streaky residue,
wash first with
SOAPY WATER + wipe dry
with NEWSPAPER.



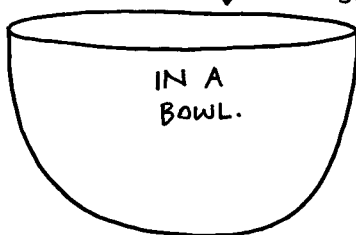
TUB SCRUB

COMBINE:

($\frac{1}{4}$ CUP
BAKING SODA)



(~2 TBSP
LIQUID
CASTILE
SOAP)



IN A
BOWL.

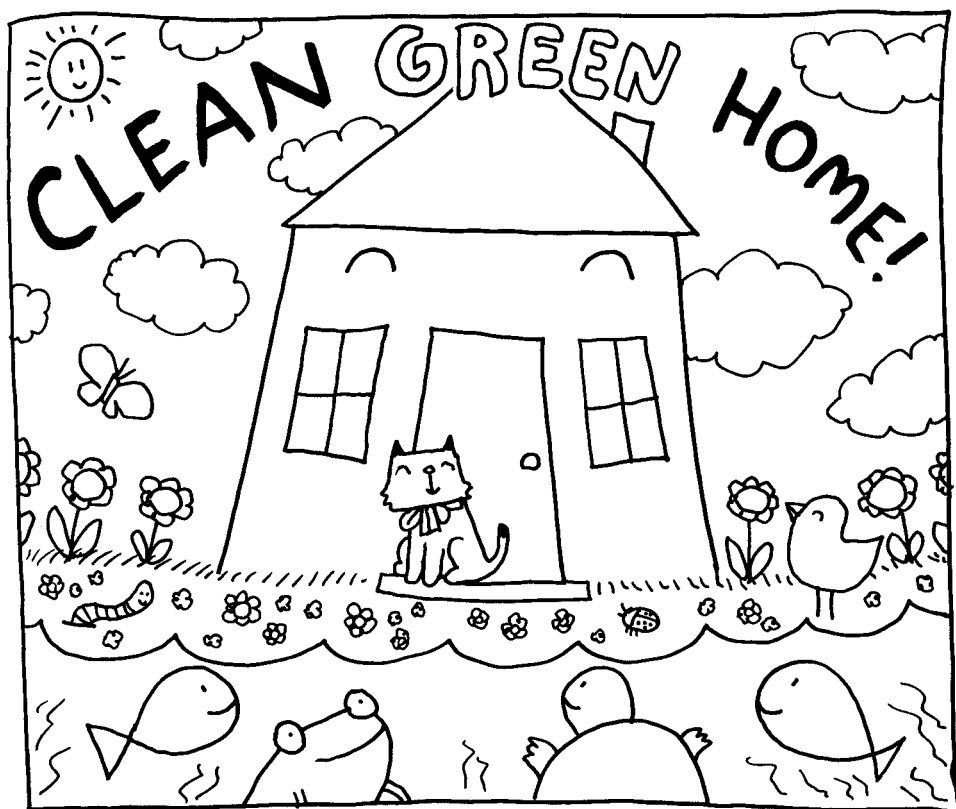
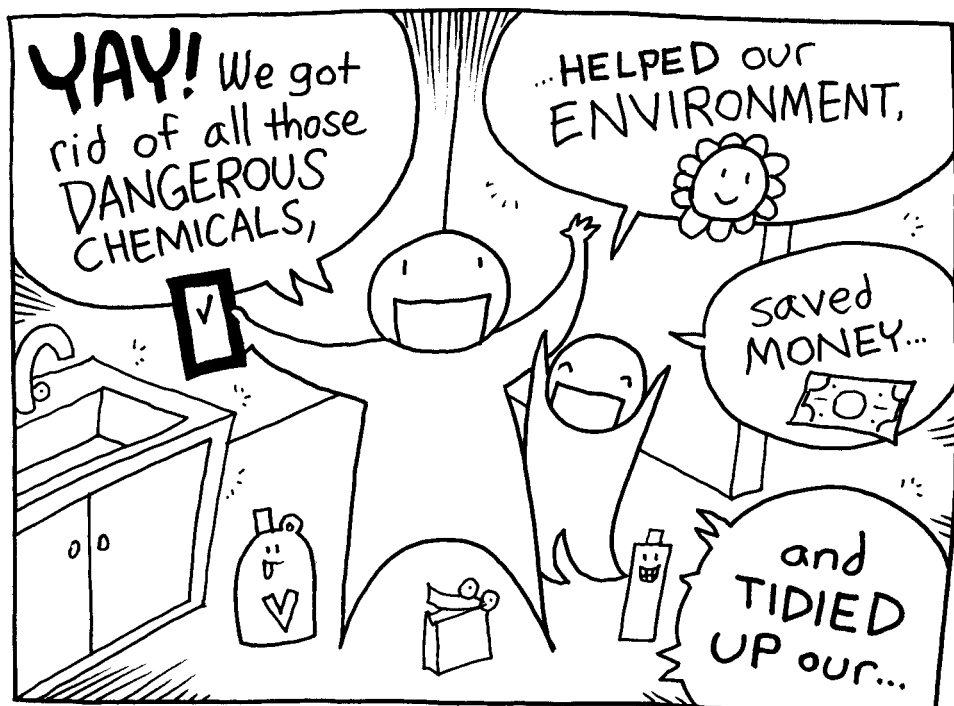


STIR IN
CASTILE SOAP
as needed
until thick
as frosting.

SPREAD
in dirty
tub &
SCRUB!



More cleaning recipes & tips online at: www.womensvoices.org





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CONTENT BY: Noah El-Naboulsi & Victoria Davis, **Upper Valley Lake Sunapee Regional Planning Commission**, Lebanon, NH (an equal opportunity provider and employer)

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