

## Resources for a Healthy & Sustainable Home

5 Easy Steps: [www.healthychild.org/5steps/](http://www.healthychild.org/5steps/); (1) avoid pesticides; (2) use non-toxic products; (3) clean up indoor air; (4) eat healthy (organic); (5) Be wise with plastics (#1, 2, 4, & 5; no microwaving)

- Food
  - Fish Selectors:  
[www.montereybayaquarium.org/cr/cr\\_seafoodwatch/download.aspx](http://www.montereybayaquarium.org/cr/cr_seafoodwatch/download.aspx)  
[www.edf.org/page.cfm?tagID=1521](http://www.edf.org/page.cfm?tagID=1521)
  - Environmental Working Group's Dirty Dozen Guide:  
[www.foodnews.org/walletguide.php](http://www.foodnews.org/walletguide.php). There are also iPhone apps for Dirty Dozen and sunscreen recommendations.
- Beds & Bedding. One-third of our lives in bed. Local Madison, WI source: [www.satarahome.com/](http://www.satarahome.com/) (full organic; \$2000+); [www.goldes.com/ecosleep.html](http://www.goldes.com/ecosleep.html) ("Natural" not organic; less pricey)
- Cleaning: CleanSafelyHome.pdf (from HealthyChild.org); [www.shaklee.com/products\\_prod\\_getclean.shtml](http://www.shaklee.com/products_prod_getclean.shtml) for products to buy
- Water: [www.ewg.org/ourwater](http://www.ewg.org/ourwater) (general info); [www.epa.gov/safewater/dwinfo/index.html](http://www.epa.gov/safewater/dwinfo/index.html) for local water information, but google your city and "Consumer Confidence Report (CCR)" for most specific information
- Cosmetics, skin-care, hair, eyes, nails, babies, oral care, sun protection -- Easy to use, look up your own products, great site: [www.cosmeticsdatabase.com/](http://www.cosmeticsdatabase.com/)
- Children: [www.healthychild.org](http://www.healthychild.org); [www.weilbaby.com/](http://www.weilbaby.com/); Madison sources: [www.satarababy.com/](http://www.satarababy.com/); [www.happybambino.com](http://www.happybambino.com); In-depth report on environmental effects on children's health: [www.epa.gov/economics/children/](http://www.epa.gov/economics/children/)
- Lawn: [www.healthylawns.org/](http://www.healthylawns.org/)
- Other General resources for home
  - Amazing & very holistic site for The New American Dream, affiliated with Juliet Schor: [www.newdream.org](http://www.newdream.org)
  - 30 minute virtual house tour: [www.webmd.com/health-ehome-9/default.htm](http://www.webmd.com/health-ehome-9/default.htm) (webMD & HealthyChild.org)
  - Online catalog of tested products: [chec.greenhome.com/products/](http://chec.greenhome.com/products/)
  - [householdproducts.nlm.nih.gov/](http://householdproducts.nlm.nih.gov/)

# Follow the **5** EASY STEPS TO A HEALTHIER AND SAFER HOME

## **1** MANAGE PESTS SAFELY

The EPA identifies exposure to common lawn care and indoor pesticides as potentially causing a range of health problems. Rather than struggling to keep children from these harmful threats, you can simply make healthier choices in pest control!

**ACTION:** Choose non-toxic lawn/garden products for insecticides, pesticides, weed killers, fertilizers and flea/tick control. Remember to encourage good sanitation habits, such as washing hands after being outdoors and taking shoes off at the door.

## **2** USE NON-TOXIC PRODUCTS *CLEANERS, BODY CARE, HOME FURNISHINGS*

Today, many chemicals in conventional cleaning products, body care and home furnishings contain a range of synthetic chemicals and preservatives that have been connected to health problems. Fortunately, you have a wide selection of healthier options for house cleaning tasks, as well as natural body care and non-toxic home products.

**ACTION:** Remember to read the labels and ask questions. USE products labeled non-toxic, chlorine-free, phosphate-free, biodegradable, natural fragrance, paraben-free, hypoallergenic, vegetable/bio/water based, petroleum-free, organic, low/zero VOC, recycled/reclaimed, and formaldehyde-free. AVOID using products that say poison, danger, warning or caution.

## **3** CLEAN UP INDOOR AIR

Did you know that people in the U.S. spend 90% of their time indoors? It might seem safer and cleaner, but the EPA says indoor air pollution is one of the nation's most pressing personal health concerns. Not to worry. It's easy to reduce the risk. As described above, start by replacing products that contribute to the problem, and then try some other simple solutions.

**ACTION:** Ventilate your home, especially the bedrooms and nursery, by simply opening windows. Change the filters in your air conditioning and heating units—and the bag in your vacuum cleaner—to greatly improve indoor air quality. Sanitize and cleanse air with help from indoor plants and air purifiers with approved HEPA filters. Look for low/zero VOC paints and stains. Avoid synthetic carpets when possible.

## **4** EAT HEALTHY *EAT MORE ORGANIC AND HEALTHY FOODS*

Organic foods are grown without potentially harmful, long-lasting synthetic chemicals. After extensive research, the EPA considers 60% of all herbicides, 90% of all fungicides and 30% of all insecticides as contributors to potential health risks.

**ACTION:** Eat organic fruits and vegetables when available. Make wise protein choices with meat, poultry, seafood, eggs and milk products from animals raised on vegetarian feed without hormones or antibiotics. AVOID foods high in sugar, high in fat, or highly processed, as well as fast foods.

## **5** BE WISE WITH PLASTICS

Plastic provides a good amount of affordable convenience. Only recently have we discovered that the hidden cost may be our health. Plastics in certain applications have the potential to negatively affect health.

**ACTION:** Replace vinyl chew toys made of soft plastic, especially any labeled “V” or “3.” Opt for toys and books made with natural wood, cloth or metal. Avoid using plastic containers and cling wrap in the microwave. Instead select reusable containers like glass, or ceramic (lead free). Choose safer plastics such as polyethylene (#1, #2, and #4) and polypropylene (#5). AVOID use of polycarbonate plastics for baby, and look for products that state “no phthalates” or “no bisphenol A (BPA)”.





## Creating Healthy Environments for Children at Home

### Children, health and toxins in our environment

Our children live in a world vastly different from the one we grew up in. More than 80,000 chemicals, most of which did not exist fifty years ago, are registered for use in commerce in the United States, and an estimated 2,000 new ones are introduced every year. These chemicals are used in everyday items such as foods, shampoos, toys, furniture, electronics, household cleaners, and lawn care products, to name just a few. The effects of many of these chemicals on human health are unknown.

Unfortunately, there is no pre-market safety testing required under any federal law for these chemicals and of the 15,000 most commonly used chemicals, more than 80% have not been tested for potential health effects on children. None have been tested for their health effects when they interact with one another, but that's how we're exposed to them.

What is this doing to our kids? For the most part, we don't really know. It's largely an unregulated experiment – and it's being conducted on us and our children. One thing we do know is that childhood disease and disabilities that have links to toxic exposures are on the rise.

It's a phenomenon we can see with our own eyes. Think of how many children you know who have asthma, allergies, learning or behavior disabilities, or even cancer. Most of us can see that there are more than there were even ten years ago. Statistically, it is startling. The incidence of cancer in children jumped 26% between 1975 and 1998<sup>1</sup>. The number of children in special education programs increased 191% from 1977 to 1994<sup>2</sup>. The number of children aged 6 to 21 with autism has increased 500% in the past decade<sup>3</sup>. Childhood asthma rates increased over 120% between 1980 and 2001<sup>4</sup>. Granted, these rates could be the result of true increases in incidence, improved detection or reporting, or some combination of these factors, but they still suggest a problem of epidemic proportion. Our health is the result of complex interactions among genetic, environmental and social factors, but toxic exposures deserve special attention because they are preventable causes of harm.

#### Why it's so important to prevent children's exposure to environmental toxins

Beginning *in utero*, babies and children are different than adults — they are often much more vulnerable to these environmental toxins.

Pound-for-pound, children breathe more air, drink more water, and eat more food than adults. Thus, they are more exposed to air and water pollution and pesticides.

Their bodies are more rapidly growing and developing, so chemicals that can harm development can do maximum damage at this critical time.

Children play on the floor, where allergens, such as dust, and heavier-than-air chemicals settle and collect. Young children put everything in their mouth, which is a crucial part of normal development, the way a baby learns about the world.

## Everyone can do something

It may seem overwhelming, but there are many things each of us can do to protect children from harmful exposures to toxins.

- 1) Use the resources found at [www.HealthyChild.org](http://www.HealthyChild.org) to learn about easy steps you can take to create a healthier environment for children.
- 2) Shop smart by using Healthy Child Healthy World's Safer Products Store at <http://chec.greenhome.com/products/>. Let your local businesses know that you want them to sell safer products.
- 3) Contact your local, state and federal elected officials to tell them you want them to support protecting children's health from unnecessary exposure to toxins.

<sup>1</sup> *America's Children and the Environment: Measures of Contaminants, Body Burdens, and Illnesses*, 2003, U.S. EPA. <http://yosemite.epa.gov/ochp/ochpweb.nsf/content/publications.htm>.

<sup>2</sup> *In Harm's Way: Toxic Threats to Child Development*, 2000, Greater Boston Physicians for Social Responsibility. <http://psr.igc.org/ihw-project.htm>.

<sup>3</sup> *Special Education: Children with Autism*, 2005. U.S. Government Accountability Office. <http://www.gao.gov/new.items/d05220.pdf>.



Creating Healthy Environments for Children  
at Home

## Provide Healthy Food

Increasingly, researchers are discovering some unappetizing facts about our food. It can be contaminated with potentially harmful pesticides, and industrial pollutants. Even trace amounts of a chemical, as found in food, may harm children. Because of their small body sizes, a chemical can impact children more so than adults, especially since kids eat proportionately more, pound-for-pound, than adults. And infants and children have immature organs that can't eliminate toxins as easily. These toxins can interfere with normal growth and can even set the stage for diseases later in life.

### Easy Steps

**Buy certified organically grown food whenever possible.** If you cannot afford to buy all organic, at least purchase the organic options of what your child eats most. In addition, some conventionally grown foods typically have fewer pesticides. Use the following table to help you find which fruits and vegetables are safer.

Highest pesticide residues buy these organically grown		Lowest pesticide residues safer non-organic options	
Fruits	Vegetables	Fruits	Vegetables
Apples	Bell Peppers	Apple juice	Asparagus
Cherries	Carrots	Bananas	Avocado
Grapes, imported	Celery	Kiwi Fruit	Broccoli
Nectarines	Green beans	Mangoes	Cabbage
Peaches	Hot peppers	Orange juice	Cauliflower
Pears	Potatoes	Papaya	Corn, sweet
Red Raspberries	Spinach	Peaches, canned	Onions
Strawberries		Pineapples	Peas, sweet
		Plums	
		Tangerines	

**Aim for a balanced, low-fat diet with lots of fruits, vegetables and grains.** A balanced diet keeps children in tip-top shape so their bodies remove toxins as efficiently as possible and their organs and brain develop normally.

**Reduce consumption of animal foods and choose low-fat versions.** Some of the most toxic food contaminants accumulate in meats, fish, eggs and dairy products, especially those that are high in fat. You needn't abandon these foods altogether, especially since they contain essential nutrients. In preparing and cooking:

- Trim all fats and skin on meats.
- Broil meats and fish so that the fats drain away from the meat. Avoid frying, which will lock in the contaminants.

**Choose fish carefully.** Obtain local fish consumption advisories for mercury, PCBs or other toxins by checking your state's consumption advisory. You can also reduce exposure to these toxins by learning how to cut the fat away from fish that contain PCBs and other fat-loving toxins. (Mercury is found in the muscle.) Serve children "chunk light" tuna, which has lower mercury and limit to a half a can per week.

**Wash all fruits and vegetables well and peel them** to remove surface chemicals.

**Breastfeed your infant as long as possible.** While breast milk, like the rest of our bodies, has become increasingly polluted, experts agree that it is the healthiest thing to feed your baby. The American Academy of Pediatrics Policy on Breastfeeding recommends that infants be breastfed for at least one year.

**Buy dairy products from animals raised without the use of recombinant synthetic bovine growth hormone (rBGH or rBST).** The milk from rBGH treated cows may contain the residues of up to 80 different drugs. The Food and Drug Administration (FDA) admits that the use of rBGH in cows may lead to increased amounts of pus and bacteria in milk and has released studies showing that milk from rBGH-treated cows could have more saturated fat and less protein than regular milk. (*Organic Consumer's Association's consumer warning on rBGH dairy.* [www.organicconsumers.org/text5.html](http://www.organicconsumers.org/text5.html))

**Choose minimally processed and packaged foods.** A typical highly processed "food product" may contain little natural food and be high in fat, salt, sugar, preservatives, artificial flavors and food colorings.

**Prepare your own meals from scratch.** Home cooking is healthier and more nutritious because you start with fresh ingredients. Get creative and involve the whole family in the process and you'll also be helping teach your children healthy eating habits for life.

### **Additional Resources:**

Shopper's Guide to Pesticides in Produce- Download the Environmental Working Group's wallet guide to produce based on the results of more than 100,000 tests for pesticides on produce collected by the U.S. Department of Agriculture and the U.S. Food and Drug Administration between 1992 and 2001- [www.foodnews.org](http://www.foodnews.org)

Institute for Agriculture and Trade Policy - Smart Produce Guide(pdf)  
[www.environmentalobservatory.org/library.cfm?refID=37512](http://www.environmentalobservatory.org/library.cfm?refID=37512)

Smart Meat and Dairy Guide(pdf) [www.environmentalobservatory.org/library.cfm?refID=72846](http://www.environmentalobservatory.org/library.cfm?refID=72846)

Smart Fish Guide(pdf) [www.environmentalobservatory.org/library.cfm?refID=37456](http://www.environmentalobservatory.org/library.cfm?refID=37456)

Smart Fish Calculator – On-line tool for calculating how much fish is safe to consume based on their body weight. [www.iatp.org/foodandhealth/fishcalculator/index.cfm](http://www.iatp.org/foodandhealth/fishcalculator/index.cfm)

Organics Directory – Organic Consumers Association - [www.organicconsumers.org/purelink.html](http://www.organicconsumers.org/purelink.html)

Eat Well Guide – On-line database for finding healthy meat, poultry and dairy near you. Institute for Agriculture and Trade Policy - [www.eatwellguide.org/](http://www.eatwellguide.org/)

Potential Public Health Impacts Of The Use Of Recombinant Bovine Somatotropin In Dairy Production – Consumers Union - [www.consumersunion.org/food/bgh-codex.htm](http://www.consumersunion.org/food/bgh-codex.htm)



## EWG'S SHOPPER'S GUIDE TO PESTICIDES™

### DIRTY DOZEN™

Buy These Organic

- WORST
- 1 Celery
  - 2 Peaches
  - 3 Strawberries
  - 4 Apples
  - 5 Blueberries
  - 6 Nectarines
  - 7 Bell Peppers
  - 8 Spinach
  - 9 Cherries
  - 10 Kale/Collard Greens
  - 11 Potatoes
  - 12 Grapes (Imported)

### CLEAN 15™

Lowest in Pesticides

- BEST
- 1 Onions
  - 2 Avocado
  - 3 Sweet Corn
  - 4 Pineapple
  - 5 Mangos
  - 6 Sweet Peas
  - 7 Asparagus
  - 8 Kiwi
  - 9 Cabbage
  - 10 Eggplant
  - 11 Cantaloupe
  - 12 Watermelon
  - 13 Grapefruit
  - 14 Sweet Potato
  - 15 Honeydew Melon



## Why Should You Care About Pesticides?

The growing consensus among scientists is that small doses of pesticides and other chemicals can cause lasting damage to human health, especially during fetal development and early childhood. Scientists now know enough about the long-term consequences of ingesting these powerful chemicals to advise that we minimize our consumption of pesticides.

## What's the Difference?

EWG research has found that people who eat five fruits and vegetables a day from the Dirty Dozen™ list consume an average of 10 pesticides a day. Those who eat from the 15 least contaminated conventionally-grown fruits and vegetables ingest fewer than 2 pesticides daily. The Guide helps consumers make informed choices to lower their dietary pesticide load.

## Will Washing and Peeling Help?

The data used to create these lists is based on produce tested as it is typically eaten (meaning washed, rinsed or peeled, depending on the type of produce). Rinsing reduces but does not eliminate pesticides. Peeling helps, but valuable nutrients often go down the drain with the skin. The best approach: eat a varied diet, rinse all produce and buy organic when possible.

## How Was This Guide Developed?

EWG analysts have developed the Guide based on data from nearly 89,000 tests for pesticide residues in produce conducted between 2000 and 2008 and collected by the U.S. Department of Agriculture and the U.S. Food and Drug Administration. You can find a detailed description of the criteria EWG used to develop these rankings and the complete list of fruits and vegetables tested at our dedicated website, [www.foodnews.org](http://www.foodnews.org).

## **Learn More at FoodNews.org**



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To use your pocket guide: 1. Cut along outer black line 2. Fold on grey lines

**Support Ocean-Friendly Seafood**

**Best Choices** are abundant, well-managed and caught or farmed in environmentally friendly ways.

**Good Alternatives** are an option, but there are concerns with how they're caught or farmed – or with the health of their habitat due to other human impacts.

**Avoid** for now as these items are caught or farmed in ways that harm other marine life or the environment.

**Key**  
 \* Limit consumption due to concerns about mercury or other contaminants. Visit [www.edf.org/seafood](http://www.edf.org/seafood)  
 + Some or all of this fishery is certified as sustainable to the Marine Stewardship Council standard. Visit [www.msc.org](http://www.msc.org)

Seafood may appear in more than one column

**How to use this guide**

The seafood in this guide may occur in more than one column based on how it is caught, where it is from, etc. Please read all columns and be sure to check labels or ask questions when shopping or eating out.

- Where is the seafood from?
- Is it farmed or wild-caught?
- How was it caught?

If you're not sure, choose something else from the green or yellow columns.

This Seafood Guide was last updated in **April 2008**.

**Make Choices for Healthy Oceans**

**You Have the Power**  
 Your consumer choices make a difference. Buy seafood from the green or yellow columns to support those fisheries and fish farms that are healthier for ocean wildlife and the environment.

Contaminant information provided by: **ENVIRONMENTAL DEFENSE FUND**

- AVOID**
- Chilean Seabass/Toothfish\*
  - Cod: Atlantic
  - Crab: King (imported)
  - Flounders, Soles (Atlantic)
  - Groupers\*
  - Hallibut: Atlantic
  - Lobster: Spiny (Caribbean imported)
  - Mahi mahi/Dolphinfish (imported)
  - Marlin: Blue\*, Striped\*
  - Monkfish
  - Orange Roughy\*
  - Rockfish (Pacific)
  - Salmon (farmed, including Atlantic)\*
  - Sharks\*
  - Shrimp (imported farmed or wild)
  - Snapper: Red
  - Sturgeon\*, Caviar (imported wild)
  - Swordfish (imported)\*
  - Trout: Lake (Lake Huron and Michigan)\*
  - Tuna: Albacore, Bigeye, Yellowfin (longline)\*
  - Tuna: Bluefin\*

**GOOD ALTERNATIVES**

- Basa, Swai (farmed)
- Clams (wild)
- Cod: Pacific (trawled)
- Crab: Blue\*, King (US), Snow
- Crab: Imitation/Surimi
- Flounders, Soles (Pacific)
- Herring: Atlantic/Sardines, Lake
- Lobster: American/Maine
- Mahi mahi/Dolphinfish (US)
- Oysters (wild)\*
- Perch: Yellow (Lake Huron and Ontario)
- Scallops: Sea
- Shrimp (US farmed or wild)
- Smeit: Rainbow
- Squid
- Swordfish (US longline)\*
- Trout: Lake (Lake Superior)\*
- Tuna: Bigeye, Yellowfin (troll/pole)
- Tuna: canned light, canned white/Albacore\*
- Walleye\*
- Whitefish: Lake (Lake Erie, gillnet)\*

**Learn more**

Visit [www.seafoodwatch.org](http://www.seafoodwatch.org) for:

- More detailed information about these recommendations
- Recommendations for seafood not on this list
- The latest version of this and other regional guides
- Information on seafood and your health and much more...

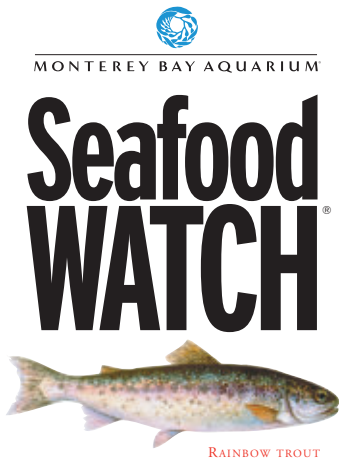


MONTEREY BAY AQUARIUM

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**BEST CHOICES**

- Barramundi (US farmed)
- Catfish (US farmed)
- Clams (farmed)
- Cod: Pacific (Alaska longline)+
- Crab: Dungeness, Stone
- Hallibut: Pacific+
- Lobsters: Spiny (US)
- Mussels (farmed)
- Oysters (farmed)
- Perch: Yellow (Lake Erie)+
- Pollock (Alaska wild)+
- Salmon (Alaska wild)+
- Scallops: Bay (farmed)
- Striped Bass (farmed or wild)\*
- Sturgeon, Caviar (farmed)
- Tilapia (US farmed)
- Trout: Rainbow (farmed)
- Tuna: Albacore (US+, British Columbia troll/pole)
- Tuna: Skipjack (troll/pole)
- Whitefish: Lake (trap net)\*



**Sustainable Seafood Guide Central US 2008**





Creating Healthy Environments for Children  
at Home

## Clean Safely

The chemicals in conventional cleaning products can cause a wide range of major health problems for children, including respiratory irritation and increased risk of cancer. In addition to long-term health effects, they are also culprits in childhood poisonings. Most cleaning can be easily handled without these toxic products.

### Easy Steps

#### Prevent messes

First of all, get rid of unnecessary clutter and keep things organized -- it's very hard to clean a cluttered room properly.

Wipe feet or remove shoes when entering the home. Up to 85% of dirt and dust is tracked in on the bottom of shoes.

#### Kill Germs the Right Way

Wash hands thoroughly and frequently with water or alcohol-based sanitizers.

Scrub surfaces with hot, soapy water. Rinse sponges regularly, and replace often.

Disinfect selectively—only disinfect objects that come into contact with raw meat, fish, or eggs, such as plastic cutting boards, utensils, and counters.

Restrict the use of antibacterial products. Antibacterial soaps kill good germs as well as bad germs, and contribute to the growing problem of bacterial resistance to antibiotics. Also, research shows antibacterial soaps are no better than plain soap in preventing infectious disease. It's how you wash your hands that makes the difference. Rub hands together vigorously for at least 15-20 seconds. Don't forget the spaces between your fingers, your wrists, and under your nails.

#### Use Safer Alternatives for Cleaning

Use basic kitchen ingredients to make your own cleaners.\*\**(Even baking soda and vinegar can be harmful to children if they ingest too much. Always store home-made cleaners out of reach or in a locked cabinet and make sure to label the container.)*

- All purpose cleaner - Add 3tsp. Liquid soap or ¼ cup Borax to 1 gallon water.
- Window cleaner - Use ½ cup vinegar mixed with one gallon of water.
- Disinfectant - Mix ¼ cup Borax with ½ gallon of water. Or, make a solution of 3 tbs. liquid soap, 2 cups water, and 20-30 drops of tea tree oil (which is a natural disinfectant). Hydrogen peroxide is also a proven sanitizer. Clean your counters and table tops with peroxide to kill germs and leave a fresh smell. Simply put a little on your dishrag when you

wipe, or spray it on the counters. After rinsing off your wooden cutting board, pour peroxide on it to kill salmonella and other bacteria. Fill a spray bottle with a 50/50 mixture of peroxide and water and keep it in every bathroom to disinfect without harming your septic system like bleach or most other disinfectants will (be sure you put the mixture into a bottle that filters out sunlight.)

- Mold - If you discover mold and mildew in your house, first find the source of moisture and stop it. It's pointless to clean mold if it's only going to return! Remember to wear gloves and a facemask, since mold spores can be inhaled. Use a stiff brush and a paste of baking soda and hot water to scrub mold off of non-porous surfaces. You can also use straight vinegar which can kill 82% of mold, 99% of bacteria and 80% of germs. Pour some white distilled vinegar into a spray bottle, spray on the moldy area, and let set without rinsing. It will dissipate in a few hours.
- Mild abrasive for soap scum and stains - Sprinkle baking soda on the area and wipe with a damp rag.
- Tub and Tile Cleanser - Mix 1 and 2/3 cups baking soda, 1/2 cup liquid soap, and 1/2 cup water. After mixed, add 2 tbs. vinegar (adding vinegar too soon will cause it to react with the baking soda). Apply, wipe, and scrub.
- Clogged drain - Pour 1 cup of baking soda down the drain followed by 3 cups of boiling water. Repeat. If you still have a clog, try pouring down 1 cup of vinegar. The vinegar will mix with the baking soda causing some foaming and gurgling, which hopefully dislodges the grime.
- Oven cleaner - Sprinkle a ¼-inch layer of baking soda all over the bottom. Then spray the baking soda with water until it is thoroughly dampened. Let it set and dampen the baking soda again if it is drying out. Leave it overnight and in the morning, the baking soda and grime can effortlessly be scooped out of the oven with a sponge.
- Use hydrogen peroxide to whiten. In addition to respiratory problems, exposure to chlorine bleach fumes can interfere with normal development of a fetus or child, can cause severe eye irritation and could potentially damage the liver, kidney, blood, heart and immune system. Add a cup of peroxide instead of bleach to a load of whites in your laundry to whiten them. Remember, though, hydrogen peroxide is a bleach, so use with caution around colors just as you would with conventional chlorine bleach.

Use pump sprays instead of aerosol sprays, which leave chemicals in the air and usually contain toxic solvents.

Buy clothes that don't require dry cleaning, or use "wet cleaners" instead. If "wet cleaning" is not an option, hang dry-cleaned clothes outside or in the garage for a few days to air out the dangerous cancer-causing chemical, perchloroethylene, used to clean them.

### Additional Resources:

**Shaklee's Get Clean Starter Kit** - safe for you, your home, and your planet - Shaklee believes that the small act of scouring the sink can be part of the giant act of changing the world. Get Clean offers you nontoxic and natural cleaning choices that are SAFE, POWERFUL, GREEN and SMART. Because when it comes to keeping your house clean and the earth safe, you shouldn't have to choose. When you use Get Clean, you're never simply cleaning. While you make your home cleaner, you can make your family healthier. You also make the planet healthier for other families as well. [http://www.shaklee.com/products\\_prod\\_getclean.shtml](http://www.shaklee.com/products_prod_getclean.shtml)

Visit [www.healthychild.org](http://www.healthychild.org) for more recipes and tips for safer cleaning!



Creating Healthy Environments for Children  
at Home

## Protecting Children from Mercury

Mercury is a potent neurotoxin that can permanently affect learning and behavior in children. Currently, the main source of mercury pollution is from coal-burning power plants which ultimately leads to mercury contaminated fish. Eating fish is the main way in which people are exposed to mercury. Many things in your home may also contain mercury. Mercury is released into the environment when these products are mishandled or disposed of improperly.

### Easy Steps

**Be cautious about fish consumption.** Select varieties that have lower levels and limit your child's intake.

**Reduce your use of energy if you rely on coal-burning power plants.**

**If you own products containing mercury, use precaution and find safer alternatives.** Use the following list to identify products in your home that may contain mercury.

\*Products containing mercury must be disposed of properly (not the garbage, drain, or toilet). Take them to your county household hazardous waste collection facility (contact your county solid waste officer for location and hours).

- ❑ **Thermostats and Appliance Switches** - Mercury is used in temperature-sensitive or mechanical (tilt) switches in many appliances. Examples of appliances that have mercury switches include thermostats, some clothing irons with automatic shut-off switches, and some top loading freezers and washing machines.
- ❑ **Lights** - Fluorescent lights use up to 50 percent less electricity than incandescent lights, thus saving energy and reducing emissions from power plants. However, fluorescent, high intensity discharge (HID) and neon lights contain a vapor form of mercury. If bulbs are broken or incinerated mercury is released. Recycle lights at the end of their useful lives by taking them to your county household hazardous waste collection facility.
- ❑ **Batteries** – The U.S. Environmental Protection Agency's Battery Act has phased out the use of mercury in most batteries. Yet, old alkaline and small, button shaped batteries used in things like watches and hearing aids can still contain mercury. Often toys with little flashing lights contain tiny batteries with mercury.
- ❑ **Paints** - Latex paint produced before 1992 had large amounts of mercury to prevent fungus growth. Mercury vapors were released when paint was applied. Use latex paint manufactured after 1992.
- ❑ **Old Chemistry Sets and Toys** - Children's chemistry sets were once sold with liquid mercury. Another type of old toy, the mercury maze, contained a drop of mercury that was moved through a maze.

- ❑ **Athletic Shoes** - Some athletic shoes (made by LA Gear up until 1994) with flashing lights in the soles contain mercury. Some states have banned the sale of these shoes. Newer shoes are mercury-free.
- ❑ **Pesticides and Fertilizers** – Some fungicides and biocides produced before 1994 used mercury to kill fungus, weeds and other pests. New pesticides are mercury-free. Fertilizers are still not regulated for heavy metal content. Use compost and manure instead.

### Additional Resources

**Mercury Contamination in Fish** – Natural Resource Defense Council - [www.nrdc.org/health/effects/mercury/index.asp?gclid=CIDRoIkXnlkCFQIQWAodYWRKkg](http://www.nrdc.org/health/effects/mercury/index.asp?gclid=CIDRoIkXnlkCFQIQWAodYWRKkg)

**Mercury in Fish: Pocket Guide** – Natural Resources Defense Council - <http://www.nrdc.org/health/effects/mercury/walletcard.pdf>

**Mercury Action NOW** – Physicians for Social Responsibility - <http://www.mercuryaction.org/>

**“Cleaning up spilled mercury in the home”** – Minnesota Office of Environmental Assistance - [www.moea.state.mn.us/publications/hhw-mercuryspills.pdf](http://www.moea.state.mn.us/publications/hhw-mercuryspills.pdf)

**Health Care Without Harm** – An international effort to reduce the use and creation of toxicants in medical practices. This page provides information for hospitals to go mercury-free. [www.noharm.org/mercury/issue](http://www.noharm.org/mercury/issue)

**Mercury Exposure** - Mercury Exposure is an organization working to prevent and reduce mercury exposure in the areas of dentistry, medicine, living environment and the biosphere, in a humanitarian effort to preserve quality of life.- [www.mercuryexposure.org](http://www.mercuryexposure.org)



THE EARTH'S BEST DEFENSE

Natural Resources  
Defense Council  
[www.nrdc.org](http://www.nrdc.org)

**A**ncient and other endangered forests are being destroyed to make toilet paper, facial tissues, paper towels and other disposable paper products. But you can help halt this destruction by pressuring the tissue products industry to change its practices and by making smart shopping decisions. This green guide provides you with a list of tissue paper products to buy—and a few to avoid. Visit [www.nrdc.org/paper](http://www.nrdc.org/paper) for a more extensive product list and to send a message to paper giant Kimberly-Clark, the maker of Scott, Cottonelle, Kleenex and Viva, telling the company to stop using virgin wood for throwaway tissue products.

## Three Things You Can Do To Help Save Our Forests

### 1. Buy paper products with recycled content—especially post-consumer fibers.

Look for products that have a high recycled content, including high post-consumer content. Post-consumer fibers are recovered from paper that was previously used by consumers and would otherwise have been dumped into a landfill or an incinerator.

### 2. Buy paper products made with clean, safe processes.

Paper products are bleached to make them whiter and brighter, but chlorine used in many bleaching processes contributes to the formation of harmful chemicals that wind up in our air and water and are highly toxic to people and fish. Look for products labeled totally chlorine-free (TCF) or processed chlorine-free (PCF).

### 3. Tell tissue manufacturers to stop using virgin wood for throwaway products.

If a brand you buy for your home doesn't have any recycled content, contact the manufacturer. Tell the company to use more recycled fibers, to avoid sourcing from ecologically valuable forests such as those in the Cumberland Plateau and Canadian Boreal, and to ensure any virgin fibers used are certified by the Forest Stewardship Council. Saving forests also helps reduce global warming pollution.

For a more extensive list of at-home tissue products ranked by environmental attributes, visit [www.nrdc.org/paper](http://www.nrdc.org/paper).



## Facial tissues

If every household in the United States replaced just one box of virgin fiber facial tissues (175 sheets) with 100% recycled ones, **we could save 163,000 trees**.

		PERCENT RECYCLED	PERCENT POST-CONSUMER	BLEACHING PROCESS
Fluff Out		100	40	PCF
Green Forest		100	40	PCF
Hankies		100	40	PCF
Marcal		100	40	PCF
Seventh Generation		100	20	PCF
Kleenex	<b>AVOID</b>	0	0	ECF
Puffs	<b>AVOID</b>	0	0	ECF



## Toilet paper

If every household in the United States replaced just one roll of virgin fiber toilet paper (500 sheets) with 100% recycled ones, **we could save 423,900 trees**.

		PERCENT RECYCLED	PERCENT POST-CONSUMER	BLEACHING PROCESS
365 (Whole Foods)		100	>80	PCF
Ambiance		100	80	PCF
April Soft		100	80	PCF
Best Value		100	<40	PCF
Earth First		100	80	PCF
Fiesta		100	80	PCF
Green Forest		100	40	PCF
Marcal		100	40	PCF
Planet		100	80	PCF
Pert		100	<40	PCF
Seventh Generation		100	80	PCF
Sofpac		100	40	PCF
Charmin	<b>AVOID</b>	0	0	ECF
Cottonelle	<b>AVOID</b>	0	0	ECF



## Paper towels

If every household in the United States replaced just one roll of virgin fiber paper towels (70 sheets) with 100% recycled ones, **we could save 544,000 trees**.

		PERCENT RECYCLED	PERCENT POST-CONSUMER	BLEACHING PROCESS
365 (Whole Foods)		100	>80	PCF
Atlantic		100	80	PCF
Best Value		100	<40	PCF
Earth First		100	80	PCF
Fiesta		100	80	PCF
Green Forest		100	40	PCF
Pert		100	<40	PCF
Marcal		100	>60	PCF
Planet		100	80	PCF
Seventh Generation		100	80	PCF
Bounty	<b>AVOID</b>	0	0	ECF
Scott	<b>AVOID</b>	0	0	ECF
Viva	<b>AVOID</b>	0	0	ECF



## Paper napkins

If every household in the United States replaced just one package of virgin fiber napkins (250 count) with 100% recycled ones, **we could save 1 million trees**.

		PERCENT RECYCLED	PERCENT POST-CONSUMER	BLEACHING PROCESS
365 (Whole Foods)		100	>80	PCF
Bella		100	40	PCF
Earth First		100	80	PCF
Green Forest		100	40	PCF
Marcal		100	>60	PCF
Seventh Generation		100	80	PCF
Bounty	<b>AVOID</b>	0	0	ECF
Scott	<b>AVOID</b>	0	0	ECF
Kleenex	<b>AVOID</b>	0	0	ECF

# WE CAN BE UNSTOPPABLE IN FIGHTING CLIMATE CHANGE.

The power to control climate change is in **YOUR HANDS**.

Use this unique and powerful guide to show the world's biggest companies that climate really does count. Climate Counts rates companies from 0 to 100 and ranks them against their main competitors. We score companies using 22 questions that determine if they've:

- **MEASURED** their climate footprint
- **REDUCED** their climate impact
- **SUPPORTED** (or blocked) progressive climate policy initiatives
- Made their climate protection efforts **PUBLIC** and **TRANSPARENT**

Climate Counts believes business should innovate, government should regulate, and consumers should motivate.

**Vote with your dollars, and companies will listen.**

## COMPANY SCORES

### SHIPPING

	2008 SCORE	CHANGE FROM 2007 SCORE
Deutsche Post/DHL	45	n/a
US Postal Service	43	n/a
UPS	39	n/a
FedEx	28	n/a

### HOUSEHOLD PRODUCTS

Procter & Gamble	69	+16
Kimberly-Clark	58	+17
L'Oreal	58	+13
Colgate-Palmolive	44	+4
Avon	29	+18
Clorox	15	+14

### FOOD SERVICES

Starbucks	49	+3
McDonald's	27	+5
Yum! Brands	1	n/c
Burger King	0	n/c
Darden Restaurants	0	n/c
Wendy's International	0	n/c

### FOOD PRODUCTS

Stonyfield Farm	78	+15
Unilever	75	+4
Groupe Danone	64	+14
The Coca-Cola Co.	61	+4
Nestle	61	+19
General Mills	39	+2
Kraft Foods	39	-4
PepsiCo	37	+11
Kellogg	35	+11
ConAgra Foods	21	+15
Sara Lee	13	+11

### INTERNET/SOFTWARE

Google	55	+38
Microsoft	38	+7
Yahoo!	37	+1
Amazon.com	5	+5
eBay	5	+3

### KEY TO CLIMATE COUNTS SCORES

Icons are intended for comparison only within sectors.

**STRIDING.** The best Climate Counts choice. Let these companies know why you support them!

**STARTING.** A good Climate Counts choice. Let these companies know you're watching their progress carefully.

**STUCK.** A choice to avoid for the climate-conscious consumer. Tell this company it's time to take action on climate change!

### MEDIA

	2008 SCORE	CHANGE FROM 2007 SCORE
General Electric*	71	+10
News Corporation	63	+5
Disney	25	+2
Time Warner	19	+9
CBS	14	+14
Viacom	4	+1

### APPAREL/ACCESSORIES

Nike	82	+9
Gap Inc.	42	+3
Limited Brands	23	+18
Levi Strauss	22	+21
Liz Claiborne	15	n/c
VF Corporation	4	+2
Jones Apparel Group	0	n/c

### BEVERAGES - BEER

Anheuser-Busch	50	+21
SABMiller	48	n/c
Molson Coors Brewing	34	+14

### ELECTRONICS

IBM	77	+7
Canon	74	-3
Toshiba	70	+4
Sony	68	+17
Hewlett-Packard	68	+9
Motorola	66	+6
Hitachi	51	+15
Samsung	51	+18
Siemens*	51	+17
Dell	49	+8
Nokia	37	+8
Apple	11	+9

\*This company is a conglomerate, with significant holdings in this sector as well as others. It is presented here with some of its major competitors in one of the initial sectors investigated by Climate Counts.

Scores based on public information available through March 2008

May 2008





# YOUR CHOICE. YOUR VOICE.

## HOW YOU SPEND YOUR MONEY CHANGES THE WORLD



# ClimateCounts.org



Printed using soy-based inks on 100% post-consumer waste fiber paper produced in New Hampshire with the renewable energy of low-impact hydroelectric turbines. The design of this 2008 pocket guide uses over 35% less paper than the 2007 edition.

## YOU HAVE EXTRAORDINARY POWER. USE IT.

When you buy from companies taking climate change seriously, you're sending a message that climate change matters to you. To make a real difference, Climate Counts needs your choices and your voices.

- Use the scores and rankings in this pocket guide to **make better choices when you spend your money.**
- Visit [ClimateCounts.org](http://ClimateCounts.org) to send a message to the companies we've scored. **Raise your voices and tell companies climate change matters to you!** Want your favorite companies to score much higher? Tell them. Excited about the climate leadership they've demonstrated? Let them know that, too.

Climate Counts evaluates the climate actions of the world's largest companies, not necessarily the world's greenest companies.

## WHY?

**If the world's 100 largest companies reduced their greenhouse gas emissions by just 5%, it would be like taking 25 million cars off the road.**

Business has the power to have a profoundly positive impact on climate change, and YOU have the power to make business act.

The time is now.

## ABOUT CLIMATE COUNTS

Climate Counts brings consumers and companies together to tackle climate change. We score companies annually on the basis of their voluntary climate actions: the higher the score, the higher the commitment. The Climate Counts Company Scorecard, launched in June 2007, helps people vote with their dollars by making climate-conscious purchasing and investing choices that put pressure on the world's most well-known companies to take the issue of climate change seriously. Supported by organics pioneer Stonyfield Farm and based in New Hampshire, Climate Counts believes everyday consumers can be the most important activists in the fight against global warming.

We welcome your comments! Share your ideas, stories, and thoughts about our ratings at [info@climatecounts.org](mailto:info@climatecounts.org)