PLAY SPACES	BEDROOMS/NUKSERY AKEAS	アハハボぐっか
Apply recommendations from Main Living Area	Choose mattresses made from all-natural materials	FALL INVI
Wash/wipe hands frequently	like organic wool, 100% latex, organic cotton, and	
Choose items that do not have flame retardants or	avoid metal coils	Families Advocating for Chemical
stain guards - mattresses and nap mats; swings,	Choose bedding made from bamboo, silk, linen,	& Toxics Safety
rockers, and bouncers. car seats; play yards (often	wool, organic cotton, hemp, or cashmere	A project of Center for Environmental Health
made of vinyl)	Avoid flame-retardants and stain guard treatments	
Use washable cloth diapers and wipes if possible	Choose mattress covers made from safer plastics	Healthy Home, Healthy Family
When purchasing single-use diapers and wipes,	(polypropylene) and avoid vinyl, other PVC materials	
choose chlorine-free, fragrance-free, dye-free and	Choose untreated solid wood furniture instead of	Best Practices Checklist
made from renewable, biodegradable materials	particle board, plywood, or metal	
Eliminate use of baby powder and petroleum-based	Clean surfaces with vinegar/water or choose safer	MAIN LIVING AREA
products like petroleum jelly and baby oil	products www.epa.gov/saferchoice/products and	Take off shoes when entering home
Avoid all products labelled anti-bacterial: wipes, foam	avoid mold/mildew sprays	Vacuum (HEPPA preferred) and mop frequently
sanitizers, soap	Wash bedding with safer laundry products; avoid	Choose furniture and carpets/rugs that do not
Eliminate alcohol-based hand sanitizers	fabric softeners; always wash new bedding before use	contain flame retardants or stain guards
Clean with vinegar and water or choose a safer	Eliminate chlorine bleach, stain remover treatments,	Choose wood, bamboo, cork, or phthalate-free
cleaning product	detergents with fragrance, fabric softeners, and dryer	vinyl flooring
Remove wi-fi routers and cordless phones from area	sheets	Choose VOC-free or low-VOC paint products and
Hard-wire ipads and other hand-held devices and turn	Remove wi-fi routers and cordless phones	building materials
off antennas (airplane mode + location services off)	Turn cell phone off or on airplane mode when	Discontinue use of air fresheners (sprays, plug-ins,
Choose toys made with natural materials such as solid	sleeping and avoid sleeping with cell phones near	scented candles). Choose aromatherapeutic
wood (unfinished or with a non-toxic finish), hemp,	head or body	essential oils or beeswax candles if no allergies
organic cotton, wool, natural rubber, or safer plastics	CLOTHING & LAUNDRY	Be sure your cleaning products are the safest option
Choose PVC-free and BPA-free products (typically	Choose natural and sustainably-made clothing from	www.ewg.org/guides/cleaners
squishy or flexible plastics like rubber duckies and	natural fibers: cotton, silk, bamboo, hemp, wool,	Choose untreated solid wood furniture instead of
baby dolls contain PVC)	linen, and cashmere	items made with particle board or vinyl
Eliminate plastics labelled #3, #7 or with a "V" inside	Avoid synthetic fibers: polyester, acrylic, rayon,	Choose organic soil and plant fertilizers for potted
the chasing arrows symbol	nylon, acetate and triacetate	indoor plants
Avoid toys with wi-fi components like bluetooth	Avoid clothing that is static resistant, stain-resistant,	Implement a Non-Toxic Pest Management
Avoid cheap toys, pacifiers, teething rings, children's	permanent press, wrinkle-free, and water-proof	approach; stop using synthetic insecticides,
jewelry, tea sets and make-up made in China	Choose used clothing when appropriate	pesticides and rodenticides
Be careful with used children's toys made before 2009	Wash all new items before use	Use pheromone traps instead of mothballs
in the US or 2006 in Europe	Choose all-natural laundry products and avoid	Use rodent traps instead of poisons
Use caution when choosing used toys	detergents with sudsing agents like sodium laureth	Use bait traps for insect infestations
Dispose of toys with chipped paint	sulfate	Frequently open windows and doors if the outside
AUTOMOBILE	Discontinue use of chlorine bleach	air is safe (airnow.gov)
Change air filters regularly	Use hydrogen peroxide to whiten laundry	Use an ozone-free HEPA air purifier indoors (or
Avoid air fresheners & chemical cleaners	Dpt out of using softeners and dryer sheets	focus on sleep areas)
	Opt out of dry-cleaning systems that use	Eliminate exposure to smoke (tobacco, wood, and
SCIENCE REFERENCES MAY BE FOUND AT:	perchloroethylene (PERC) and choose organic/	cooking fumes)
https://www.factstoaction.org/the-science.html	green dry cleaners	FACTSTOACTION.ORG
updated 1/29/2020		factstoaction@gmail.com
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factstoaction@gmail.com

Use a hardine and corded telephone and minimize cell phone one B Turn wis firm uner off when not in use and a minimize cell phone one B Turn wis firm uner off when not in use and at night when steeping or hardwire your hone Install a carbon-monoxide detector Proper'h handle and dispose of formpare fluorescent ight bulbs (especially when broken) Is flaminare modify midew sprays (these contain cellularity) Is flaminare mode of other when when the contain cellularity is the sure water is lead free Breast feed your baby if you can; use organic formula and fibrered where when the sure water is lead free Choose interplays and the sure water is lead free Choose interplays and the sure water is lead free Choose interplays and the surface and intercheasts Breast feed your baby if you can; use organic formula and fibrered where when the surface is the might clog the drain; dispose of fat, oil, and grease in the garrhage, not drown the drain; dispose of fat oil, and grease in the garrhage, not drown the drain; dispose of fat oil, and grease in the garrhage, not drown the drain; with the one to properly store prescriptions and over the counter medications in a safe place out of reach of cluditien. Use his supple when the organic formula and fibrers when the sum to store when cooking drown we not supplement to the sum of the drain; which we consider the sum of the drain; dispose of fat oil, and grease in the garrhage, not down the drain; with the organic state of the drain; dispose of fat oil, and grease in the garrhage, not down the drain; with the organic state of the drain; dispose of fat oil, and grease in the garrhage, not down the drain;	MAIN LIVING AREA CONTINUED		Use vinegar and water to clean windows and laminate		Choose soaps, shampoos, and products that do not
Train with router off when not in use and at night when steeping or harbor's your boure to the state of the property store that the property store of the property store prescriptions and over-the-counter made to property store prescriptions and over-the-counter feet in the garbage, not down the drain with bot water of the garbage, not down the drain with hot water of the garbage, not down the drain with hot property docts. Be a phage Wongoks Zoo Z. Choose bally and sustai	Use a landline and corded telephone and minimize	tamorous			have sodium laureth sulfate and other foaming agents,
Trum wi-fi router off when not in use and at night when sleeping or bardwise your bome when sleeping or bardwise your bound the state of the property store your bound the state of the same of the state of the same of the s	cell phone use		Use baking soda or salt as a natural cleaning abrasive		parabens, phlthalates, or fragrances
Install a carbon-monoxide derector Properly handle and dispose of compact fluorescent light bulbs (especially when broken) Eliminate mold/mildew sprays (these contain chlorine) Breast feed your baby if you can; use organic formula and filtered water when unable to breast feed (your baby if you can; use organic formula and filtered water when unable to breast feed (your baby if you can; use organic formula and filtered water when unable to breast feed (your baby if you can; use organic formula and filtered water when unable to breast feed (your baby if you can; use organic formula and filtered water when unable to breast feed (your baby if you can; use organic formula and filtered water when unable to breast feed (your baby if you can; use organic formula and filtered water when unable to breast feed (your baby if you can; use organic formula and fore) Choose organic, local food whenever possible if frognaic is unavailable to root systems, avoid CAOs and foods on EWCs Dirty Dozen List huge// water of the particular feed on the store of the particular feed on the fain with hot water of the particular feed on the fain with hot water of the particular feed on the fain with hot water of the particular feed on the fain with hot water of the particular feed on the fain with hot water of the particular feed on the fain with hot water of the particular feed on the fain with hot water of the particular feed on the fain with hot water of the particular feed on the fain with hot water of the particular feed on the fain with hot water of the particular feed on the fain with hot water of the particular feed on the fain with faint feed on the fain with hot water of the particular feed on the fain fe	Turn wi-fi router off when not in use and at night		To clean oven and stove: use baking soda on difficult-		Stop using products with micro-beads
Properly handle and dispose of compact fluorescent light bulbs (especially when broken) Do not use chemical drain eleaners or bleach to clear chromatic model/midew spanys (these contain chlorine) Do not use chemical drain eleaners or bleach to clear drains Do not use chemical drain eleaners or bleach to clear drains Chross expansion of the contain differed water when unable to breast feed (be sure water is lead free) Choose organic, local food whenever possible Forganic is unavailable or too expensive, avoid CMOs and foods on EWC's Dirty Dozen List Use hot soapy water, salt and hot water or water Use hot soapy water, salt and hot water, or, if that doesn't work, a biological enzyme to unclog fat, oil. Use a planger to unclog food suck in curved pipes Properly dispose of prescriptions/Medications has proportion Properly dispose of prescriptions/Medications has been done to the drain or toiled Properly dispose of prescriptions/Medications has been dead from to expensive, avoid Use hot soapy water, salt and hot water or unclog food suck in curved pipes Properly dispose of prescriptions/Medication has been definition in a sie place out of reach of children Properly dispose of prescriptions/Medications has been definited to the drain or toiled Properly dispose of prescriptions/Medications has been defined to water our end of the drain or toiled Properly dispose of prescriptions/Medications has a place of properly dispose of prescriptions/Medications has been defined to water on the drain or toiled that doesn't work, a biological enzyme to unclog food suck sak beating and the oreast in the doesn't work, a biological enzyme to unclog food suck sak beating and the oreast prescription/	when sleeping or hardwire your home		to-clean areas, spray oven with vinegar, let sit 10		Choose mineral/sea salts instead of liquid bubble
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Eliminate mold/mildew sprays (these contain chlorine)			and orange peels is especially effective at cutting		Check cleaners for safety at EWG's Guide to Healthy
drains			grease)		Cleaning www.ewg.org/guides/cleaners
Se strainers in your sink to eatch food and particles that might clog the drain: dispose of far, oil, and grease in the garbage, not down the drain with how water.			Do not use chemical drain cleaners or bleach to clear	Pl	ERSONAL CARE
Breast feed your baby if you can: use organic formula and filtered water when mable to breast feed (be sure water is lead free) Choose organic, local food whenever possible forganic is unavailable or too expensive, avoid GMOs and foods on EWG's Dirty Dozen List https://www.cwg.org/foodness/dirty.dozen.list.https://www.cwg.org/foodness/dirty.dozen.list.https://www.cwg.org/foodness/dirty.dozen.list.https://www.cwg.org/foodness/dirty.dozen.list.https://www.cwg.org/foodness/dirty.dozen.list.https://www.cwg.org/foodness/dirty.dozen.list.https://www.cwg.org/foodness/dirty.dozen.list.https://www.cwg.org/foodness/dirty.dozen.list.https://www.cwg.org/foodness/dirty.dozen.list.https://www.cwg.org/foodness/dirty.dozen.list.https://www.cwg.org/foodness/dirty.dozen.list.https://www.cwg.org/foodness/dirty.dozen.list.https://www.cwg.org/foodness/dirty.dozen.list.https://www.cwg.org/foodness/dirty.dozen.list.https://www.cwg.org/foodness/dirty.dozen.list.https://www.cwg.org/foodness/dirty.https://	•		drains		Properly store prescriptions and over-the-counter
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GMOs and foods on EWG's Dirty Dozen List https://www.ewg.org/foodnews/dirty.dozen.list.php#.Wmquoka2/Og/ Eat from the Clean Fifteen List https://www.ewg.org/foodnews/ dean_fifteen_list.php#.Wmquoka2/Og/ Choose healthy and sustainably farmed/harvested fish, cage-free, free-range, and sustainably farmed/harvested fish, cage-free, free-range, and sustainably farmed deggs and meats Avoid canned food and beverages Choose sea salt or iodized salt Buy in bulk and steer clear of products with a lot of plastic packaging, such as individually wrapped items Avoid microwave popcorn, brown rice syrup, artificial sweeteners, corn syrup, high fructose corn syrup, preservatives, artificial colors and flavors Choose organic rice grown in the USA (soak rice) Test water quality and choose a filter that best meets your needs wave.ewg.org/tapwater/ Use a water filter for drinking tap water Use a water filter for drinking tap water Use refillable glass or stainless steel water bottles Stop using non-stick cookware and replace with cast iron or ceramic Choose safer cleaning products Choose safer cleaning products Choose safer cleaning products Choose organic rice grown in the USA (soak rice) Test water quality and choose a filter that best meets your needs wave.ewg.org/tapwater/ Use a water filter for drinking tap water Use refillable glass or stainless steel water bottles Stop using non-stick cookware and replace with cast iron or ceramic Choose safer cleaning products Choose safer cleaning products Choose safer cleaning products Choose organic rice grown in the USA (soak rice) Test water quality and choose a filter that best meets your needs wave.ewg.org/tapwater/ Use a water filter for drinking tap water Use refillable glass or stainless steel water bottles Stop using non-stick cookware and replace with cast iron or ceramic Choose safer cleaning products Choose star cleaning products Choose cooks are that the test of the shower, tub, and toilet) Choose to the day of the shower, tub, and toilet) Choose to the day of the shower	Choose organic, local food whenever possible		* *	Process	
Replace mercury thermometer with digital. Safely dispose of all mercury products.					Be an informed consumer regarding anything you put
dispose of all mercury products. Eat from the Clean Fifteen List https:// www.cwg.org/foodnews/ clean fifteen list.php#.WmquAKaZOoZ Choose healthy and sustainably farmed/ harvested fish, cage-free, free-range, and sustainably farmed/ harvested fish code on the stove when cooking recording free data free of winiting tage for cooking releating to keep air circulating and reduce exposure to chemical brant formula/milk in plastic bortles in microwaves as fermal formula/milk in plastic bortles in microwaves food/beverages in any plastic product (containers, plastic wrap, etc.), even those labelled "microwave safe" may leach chemical sinto food/beverages in any plastic product (containers, plastic wrap, etc.), even tho	· · · · · · · · · · · · · · · · · · ·				
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