



# WOMEN'S VOICES FOR THE EARTH

OUR HEALTH. OUR FUTURE. TOXIC FREE.



## TOXIC CHEMICALS

### Ten Steps to Reduce Your Exposure

Did you know that products we use every day may contain toxic chemicals linked to women's health problems, like breast cancer, reproductive harm like infertility and birth defects, asthma, and other serious illnesses? The good news is that WVE has done the scientific research for you on effective ways to reduce your exposure to harmful chemicals in everyday products—and to get rid of toxic chemicals all together!

#### 1. Make Your Own Cleaning Products

- It's easy, fun, and cheap to make non-toxic cleaners from safe and effective ingredients like vinegar and baking soda. Find recipes at [www.womensvoices.org](http://www.womensvoices.org).

#### 2. Avoid Synthetic Fragrance

- Look for cleaners, laundry detergents, and personal care products labeled "fragrance-free" Warning: "unscented" does not mean fragrance-free!
- Discontinue use of air fresheners. Go to [womensvoices.org](http://womensvoices.org) for tips to reduce odors around the home.

#### 3. Give Your Personal Care Products a Makeover

- Read the label to avoid chemicals like parabens, sodium laureth sulfate, and oxybenzone. Check the Skin Deep database at [cosmeticsdatabase.com](http://cosmeticsdatabase.com) to find safer products.

#### 4. Go "BPA-Free"

- Ditch the canned foods and opt for fresh or frozen fruits and vegetables instead.
- Seek out products from the few companies now using BPA-free can liners like Westbrae Natural, Hunt's, Healthy Choice and H.J. Heinz.
- Look for plastics labeled "BPA-free."



## 5. Watch Out for Triclosan

- Avoid anti-bacterial hand soap with triclosan listed on the label.
- Reduce your use of disinfectant products.

## 6. Choose Plastics with the Recycle Symbols #4 & #5

- Look for plastic products with these symbols signifying PVC-free plastics.
- Use glass jars or bowls to store food.
- Never microwave plastic.

## 7. Keep Chemicals Out of the House

- Take off your shoes before entering your house to avoid tracking in oils and chemicals from the street outside.
- Use a door mat to catch dirt at the door.
- Dust with a micro-fiber cloth or wet cloth and vacuum your house regularly (with a HEPA-filter vacuum if you can).

## 8. Turn Down the Heat on Non-Stick Cookware

- Keep the stove at or below medium heat when using Teflon or non-stick cookware.
- Opt for cast iron or stainless steel pans for cooking when possible.

## 9. Ask Your Senators to Support the Safe Chemicals Act

- Go to [www.womensvoices.org](http://www.womensvoices.org) to contact your congressional representatives today and ask them to support policies that protect the health of our families!

## 10. Join Women's Voices for the Earth!

- Exercise your power to ensure a healthy future!
- Sign up to receive action alerts, latest news, and tips for reducing toxic exposures at [www.womensvoices.org](http://www.womensvoices.org).
- Donate to our work to eliminate toxic chemicals that harm women's health.