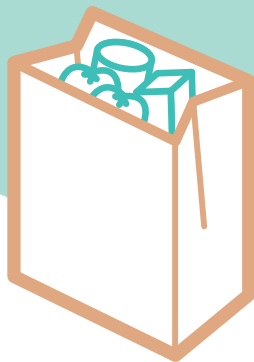


healthy
home

healthy
child



toxic-free shopping choices

Keep your family's health in mind when shopping for household supplies. Choose items with fewer harmful chemicals.

Bathroom and kitchen products often contain BPA and phthalates which can cause health problems such as asthma, behavior problems, and diabetes. Keep these to a minimum in your home.

LESS HARMFUL:

1 Labels are important! Look for the number in a triangle on the bottom of plastic containers.



AVOID:





2 Look for products with a small list of ingredients – if you can't say it, don't use it!

AVOID:

Products with these words on the label:

- Danger
- Hazardous
- Parabens
- Fragrance

3 Try Do-It-Yourself products.

4 Look up products on EWG: Skin Deep Cosmetic Database at www.ewg.org/skindeep

5 Choose fragrance-free personal care products to decrease exposure to phthalates.



6

CHOOSE:

Sunscreen with

- Zinc
- Titanium dioxide

AVOID:

Sunscreen with

- Oxybenzone
- Vitamin A (retinyl palmitate)
- Added insect repellent

healthy home

healthy child

www.ccceh.org



COLUMBIA CENTER FOR CHILDREN'S ENVIRONMENTAL HEALTH

MAILMAN SCHOOL OF PUBLIC HEALTH
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