

Check your house for common toxic chemicals and choose safer alternatives with this simple checklist for less toxic living.

KITCHEN

- DO YOU COOK WITH NON-STICK COOKWARE?**
Replace with cast-iron, stainless steel, or glass when possible. Stuck with it? Take care not to overheat it, which releases toxic fumes.
- DO YOU USE PLASTIC FOOD CONTAINERS?**
We recommend glass over plastic. Never microwave food in plastic containers. For baby, use glass or BPA-free plastic bottles.
- DO YOU FILTER YOUR TAP WATER?**
Check EWG's online tap water quality database for local contaminants, then choose a filter that removes them, if needed.
- DO YOU DRINK BOTTLED WATER?**
Kick the habit. For water on-the-go, get a reusable water bottle, like stainless steel (not plastic or aluminum lined with plastic).
- ANY CANNED FOOD IN THE PANTRY?**
Cook with fresh or frozen whenever possible; most food cans (including liquid infant formula) are lined with bisphenol-A (BPA), a toxic chemical that leaches into the food.
- DO YOU EAT CONVENTIONALLY GROWN PRODUCE?**
Check EWG's Shopper's Guide to Pesticides to be sure you buy organic when pesticide residues are highest.

- DO YOU USE IODIZED SALT?**
You should. Iodine is necessary to maintain healthy thyroid function.

- DO YOU EAT HIGH-MERCURY FISH?**
Ask before eating and head for the lower-mercury types (especially for pregnant women and young children).

BATHROOM

- DO YOU USE AIR FRESHENERS?**
Don't! Most contain a number of toxic chemicals that contaminate the air you breathe.
- IS THERE FRAGRANCE IN YOUR PERSONAL CARE PRODUCTS?**
We don't know what's in "fragrance," so it's safer to choose all fragrance-free personal-care products. Always check ingredient lists to be sure.
- WHAT MATERIAL IS YOUR SHOWER CURTAIN?**
Avoid vinyl shower curtains. If you get a new curtain (whatever the material), leave it outside for several days before using.
- DO YOU HAVE EXTRA PRODUCTS?**
Less is more. Skipping cosmetics like hair spray and detangler, body sprays and powder is less toxic—and cheaper!



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LAUNDRY & CLEANING CLOSET

- ARE YOUR CLEANERS GREEN?**
It's hard to know without a full ingredient list, which most products don't have. Find out the ingredients by calling the manufacturer, avoid the toxic ones, and choose green-certified products whenever possible.
- DO YOUR PRODUCT LABELS LIST ALL INGREDIENTS?**
Most don't, but they should. Support companies that disclose all ingredients by buying their products—you have a right to know.
- DO YOU NEED ALL THOSE PRODUCTS?**
Most homes can be safely cleaned with a few nontoxic ingredients: vinegar (it's anti-bacterial), baking soda, water, a HEPA vacuum, microfiber mops and cloths - and some elbow grease! Skip laundry products you don't need, like dryer sheets, fabric softener, and chlorine bleach.

ALL AROUND THE HOUSE

- WAS YOUR HOME BUILT BEFORE 1978?**
If so, it probably contains lead paint. When repainting, use a wet sanding technique to reduce dust, choose low VOC paints and always paint with the windows open for good ventilation. Keep kids away from rehab dust and loose chips.
- GOT FOAM FURNITURE?**
Foam products (like stuffed furniture and mattresses) are often treated with toxic fire retardants, so keep them well-covered. Ask whether a product is treated before you buy and choose naturally fire-resistant materials like cotton and wool, when possible. Don't "protect" your fabrics and carpets with sprayed on chemical coatings—simply clean spills quickly.
- DO YOU USE COMPACT FLUORESCENT LIGHT BULBS (CFLS)?**
They contain mercury and should be handled and disposed of with care. Use them where there's no danger of breaking near children; clean up broken bulbs quickly and safely.
- DO YOU USE PESTICIDES OR INSECTICIDES?**
Try non-toxic alternatives first; pesticides are a last resort. If you choose to use them, store them out of reach of children. Organic gardening is healthier for kids and pets, since they live closer to the ground.
- DO YOU HAVE A WOOD DECK, PICNIC TABLE OR PLAYGROUND SET?**
Those made before 2005 likely contain arsenic. Test to confirm and either replace with safer wood or reduce your exposure by sealing it, replacing high-use areas and washing hands after touching, especially before eating.

FOR MORE TIPS CALL US AT
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