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**Commitments to Reduce your Family’s Exposures to Toxic Substances**

**(Most of these ideas will save money too!)**

**Air Quality:**

* If you smoke anything or vape, quit.
* If you are not yet ready to quit, smoke outside for the sake of your family.
* Keep children and pregnant women away from renovations.
* Contain reno. dust by sealing area with plastic or closing it off with wood.
* Use less-toxic paint, finishes, and glues for crafts and renos..
* Wash work clothes separately from other clothes.

**Cleaning**:

* Damp mop and dust
* Vacuum with a central vac. or one with a Hepa filter.
* Keep vacuumed dust out of your compost.
* Wash dusters separately from clothing.
* Take your shoes off at the entrance door.
* Minimize clutter.
* Store books in closed bookcases, or vacuum them often.
* Store toys in covered bins.
* Wash your hands often using ordinary soap and water.
* Use baking soda as a scouring powder.
* Use vinegar for windows, surfaces, and floors.
* Avoid bleach at home.
* Use un-scented products.
* Avoid air fresheners and plug-ins.
* Avoid dry cleaning or ask the cleaner to NOT to use Perc. (Perchlorethylene).
* Use alternatives to pesticides in your home.

**Mould:**

* Repair cracks in the foundation
* Install a de-humidifier
* Install exhaust fans to the outdoors in the bathroom and kitchen
* Add insulation in cold, damp corners
* Hire a professional to clean mould that is bigger than one square meter
* Replace problem windows
* Do not stiore clothing and papers in cardboard boxes in a damp basement.

**Pesticides:**

* Refuse to use: Find less toxic ways to avoid pests
* Keep food in closed containers
* Keep window screens in good repair
* Sprinkle cayenne pepper across where ants enter the house
* Mix baking soda with icing sugar and leave a little pile on the counter for a few days=for ants
* Set up a trap line with peanut butter as bait to catch mice in the spring and fall
* Use decoy nests to discourage hornets’ nests where you congregate outside
* Wear appropriate clothing when hiking to avoid ticks and other biting insects

**Food:**

* Cook from Scratch.
* Avoid pop.
* Avoid artificial sweeteners.
* Reduce “white foods” sugar, flour, rice
* Buy local, in season, and then process it yourself.
* Grow your own, without pesticides.
* Buy in bulk.
* Buy organic if you can. Especially the “[Dirty Dozen](https://www.ewg.org/foodnews/summary.php)” (<https://www.ewg.org/foodnews/summary.php>)
* Avoid highly processed foods.
* Resist preserved meats (Hot Dogs, Pastrami, baloney, etc.
* Reduce your consumption of industrially-raised meat. (eat lower on the food chain)
* Eat safer fish
	+ Those low in mercury; mackerel, herring, rainbow trout, wild or canned wild salmon, tilapia.
	+ “Light” varieties of Tuna, NOT albacore.
	+ Check local information for safety of self-caught fish

**Plastics:**

* Never put any kind of plastic into the microwave.
* Store food in ceramic or glass containers.
* Heat baby’s milk in glass container and put into a glass bottle when warm, not hot.
* Use stainless steel or glass water bottles and sippy cups.
* If you have a plastic sippy cup, NEVER put hot liquid into it.
* Avoid BPA, BPF and BPS-lined cans by buying food frozen, fresh, or in jars.
* Avoid teething toys, bath toys, or toys for small children that contain PVC (Vinyl).
* Use a shower curtain that does not contain PVC.

**Select Safer personal Care products:**

* Use unscented products and as natural as possible.
* Resist hair dye, especially if pregnant
* Try using the free ”Think Dirty” (Shop Clean) app when selecting personal care products**.**
* Audit your personal care and beauty products for items that may be harmful