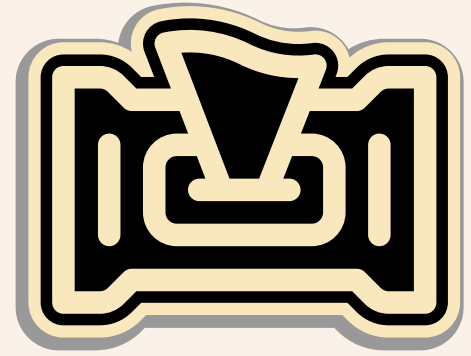


Healthy Homes

... & DISPOSABLE WIPES



WHY IS IT HARMFUL?

- Most wipes are strengthened by using plastic fibres that don't degrade ^{1, 2}
- Even so-called "flushable" wipes get coated in grease, oils, hair, and other waste which prevents them from breaking down (even if they were designed to be biodegradable!) ^{3, 4, 5}
- Personal wipes give a fresh clean feeling, but the fragrances in wipes can irritate skin and trigger allergic reactions (especially on sensitive baby skin)

Wipes - even those sold for babies ⁶ - can contain chemicals that interfere with hormone production.

HEALTHY HOME TIPS:

Never flush any wipes! They clump together in pipelines creating massive blockages... so much that there's even a term for it: Fatbergs! ⁷

- Look it up! Choose unscented products with ingredients verified by the [Environmental Working Group](#)
- Try using a damp cloth instead of wipes. Facecloths or repurposed old t-shirts are great for quick clean ups, are reusable, and safer for the environment
- With baby wipes, wet wipes, or disinfectant wipes, "flushable" does not mean eco-friendly; Try making your own non-toxic wipes at home instead.



Start with:

- 2 cups distilled or boiled water
- 1 tsp olive or coconut oil
- 1 tsp vitamin E oil (optional)
- 1 Tbsp castile soap (or non-toxic baby shampoo)
- 1 roll of thick absorbent paper towels or reusable soft cotton squares
- Storage container (tip: a 7-8 cup container is perfect for holding a half-roll of paper towel wipes)

Directions:

1. Stack cotton pads/stand paper towel roll on end inside the container you'll use for storage (cut roll in half with sharp knife if necessary)
2. Boil water and pour into bowl or large measuring cup
3. Stir oils and soap into the warm water until everything is well combined
4. Pour evenly over towels, squish lid closed, and let stand for 5-10 minutes
5. Remove the cardboard tube, then pull wipes from the centre of the roll to use
6. Seal container after use, and store for up to 1 week
7. DO NOT FLUSH. Dispose of in the garbage with your normal household waste

Non-toxic DIY baby wipes: