

GREEN CLEAN

FOR HEALTHY
LIVING



Classroom and household products for clean living

Let's shelter our children from toxic chemicals... and use healthier alternatives in our classrooms and in our homes !

There is so much confusing information out there on what is "green" and what is not, that it can easily become overwhelming. The Wellness Committee has sifted through a

lot of the information, and is providing you with this list of greener alternatives to common household and self-care products. We will update and add to the list throughout the year, so be sure to check back often! Try them out in your homes, donate them to your teachers for their classrooms - live a greener and healthier life!

Quote of the Day:

"Not all chemicals are bad. Without chemicals such as hydrogen and oxygen, for example, there would be no way to make water, a vital ingredient in beer." Dave Barry

Why is it important to use green cleaners?



Proportional to body weight, children eat, drink and breathe more than adults and thus take in far higher concentrations of the toxins that may exist in our environment. On average, they drink 7 times more water and take in twice as much air as adults. They also tend to spend more time on the ground - on carpets and lawns that may have been treated with chemicals, and they have many more hand-to-mouth transfers and wash their hands less often than adults, thereby increasing their exposure. Let's protect them as much as possible!

I want to mix my own cleaners!

Making our own cleaners is fun and effective and is the very cheapest way to clean our space. If the idea appeals to you but you would like a little help, here's a tip: Eco-Me (www.eco-me.com) sells a Home kit blend of 100% essential oils (teatree, lavender, lemongrass, rosemary). You just add your own oil, vinegar, water and baking soda. Instructions are included. The Home kit is \$26 and comes with 2 spray bottles, 1 jar for mixing the scrub cleanser, 1 natural brush, 1 mixer, and a microfiber cleaning cloth. You can buy a refill of the essential oil mix for \$10.

All-purpose cleaner

1 Ingredients

32 oz spray bottle
2 cups water
1/2 cup distilled white vinegar
1 tsp liquid Castile soap
3/4 cup hydrogen peroxide
20 drops tea tree oil
20 drops lavender OR lemongrass essential oil

2

Fill the bottle with the water; add the vinegar, castile soap, hydrogen peroxide, tea tree oil, and essential oil.

3

Spray on ceramic tile, marble, granite and wood. (Adapted from Gorgeously Green by Sophie Uliano)

Glass cleaner

1 Ingredients

16 oz spray bottle
1/4 cup undiluted white vinegar
1 cup water
1 quart warm water

2

Mix all the ingredients in a spray bottle. For a lint-free shine, wipe dry with a sheet of crumpled newspaper or a coffee filter. (Adapted from www.greenlivingideas.com)

3

Spray on glass surfaces

Baking Soda Scrub

1 Ingredients

1 cup water
3 cups baking soda

2

Mix into a paste. Works very well for cleaning tile and grout. Use a toothbrush if necessary. (Adapted from www.greenlivingideas.com)

GREEN PRODUCTS

The products highlighted in **green** are completely safe to use. Those highlighted in **orange** are much safer alternatives to the ones most commonly used, but still contain some questionable ingredients. We will continue to update this list throughout the year, so keep checking back!

Hand soaps:

- **Dr Bronner's Magic Hand soap** (widely available)
- **Dr Bronner's Magic pure castile classic liquid soap** (Whole Foods, Trader Jo's, widely available)
- **Vermont Organic Foaming hand soap** (www.vermontsoap.com/foamer.shtml)
- **From The Meadows foaming hand soap** (www.fromthemeadows.com) (\$6.99/7 oz spray bottle)

Body Bars:

- **Dr Bronner's** (Whole Foods: \$3.99/bar; Trader Jo's: \$2.49)
- **E&O handmade soap** (Whole Foods: \$4.99/bar)
- **Rosa Mosqueta Cleansing Bar** (Whole Foods: \$5.99/bar)
- **365 Unscented Glycerin Soap** (Whole Foods: \$1.49/bar)
- **Savon de France** (Trader Jo's: \$2.99/bar)
- **Pure and Natural Bar soap** (Safeway: \$4.49/2 bars)

Hand sanitizers:

- **Clean Well Natural** - (www.cleanwelltoday.com, Pharmaca, Whole Foods)
- **Clean George** (www.cleangeorge.com)
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Why does it matter if we're not actually eating this stuff?

Your skin is your largest organ... whatever you put on your skin goes straight into your bloodstream. So it makes sense to say: if you wouldn't eat it, don't use it!

Most common offenders...

Stay away from these chemicals in your personal care products...

PARABENS	FORMALDEHYDE
PHTALATES	Anything with GLYCOL or METHYL
FRAGRANCE	PEGs
DMDM HYDANTOIN	PETROLATUM
TRICLOSAN	OXYBENZONE
Sodium Lauryl/Laureth Sulfate	TALC
TOLUENE	ALUMINUM ZIRCONIUM

Air-Fresheners:

- **Plug-In aromatherapy** with essential oils (www.aromatherapywebsite.com)
- **Seaside Naturals** (www.seasidenaturalsonline.com) Air Freshener Spray (\$3.69 4OZ)
- **Citrus Magic Solid air freshener** (Safeway; \$5.99)

All-purpose cleaners:

- **E&O (Greenwood Naturals) Countertop Spray** (www.eoproducts.com)((\$6.99/16 fl oz)
- **E&O (Greenwood Naturals) All Purpose Cleaner** (www.eoproducts.com)((\$12.99/32 fl oz)
- **From the Meadows All purpose cleaner** (www.fromthemeadows.com) (\$8.99/18 fl oz)
- **Begley's Best all purpose cleaner** (www.begleysbest.com) (\$6.00 for 24 oz) (\$14.00/64 fl oz concentrate) (can be found online or at at Real Goods 13771 S. Hwy. 101 Hopland, CA 95449 or Cliffs Variety Store 479 Castro St. San Francisco, CA 94114 415-431-5365)
- **Dapple cleaner spray:** (www.dapplebaby.com) available

in cases of 6 (\$41.94/16.9 fl oz bottles). Available online or at Giggle: 2110 Chestnut Street - San Francisco, CA 94123 (415) 440 9034

- **Liquid Sunshine Non Toxic Cleaner** (www.vermontsoap.com) (\$8.98/16 fl oz)
- **Biokleen All-purpose cleaner** (Whole Foods: \$4.49/32 fl oz; Concentrate refill: \$5.99 - makes 3 times the amount)
- **Seventh Generation All purpose cleaner** (Whole Foods: \$4.99)
- **Method Go Naked** (Whole Foods:\$4.49 28 fl oz)
- **Greenworks All -purpose cleaner by Clorox** (Safeway: \$3.99/24 fl oz).
- **Trader Jo's Multipurpose cleaner:** (\$2.99/34 fl oz)

All-purpose wipes:

- **Dapple cleaning wipes:** (www.dapplebaby.com) \$47.94 for cases of 6 (35-wipe each) canisters. Available online or at Giggle 2110 Chestnut Street - San Francisco, CA 94123 (415) 440 9034
- **Greenworks biodegradable cleaning wipes by Clorox** (Safeway: \$3.99 30 ct)

If you want to learn more:

Debra Lynn Dadd:

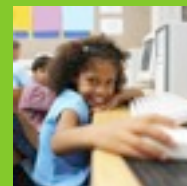
<http://www.dld123.com/>

.com/Debra has compiled a wealth of information on her site - lists of green products, books, a blog and lots of Q&A. Be sure to check it out for the answers to many of the questions you may have.



Printable pocket guides:

http://healthychild.org/live-healthy/pocket_guides/



Part of the Healthy Child website, these handy guides can be printed and stored in your wallet and include

information on topics such as personal care products, healthy school lunch ideas and safer plastics.

Teens Turning Green:

<http://www.teensturninggreen.org/get-educated/dirty-thirty.html>

Local group compiled a list of the most common chemicals that we should avoid in the products we use daily.