

# Green Cleaners

Safe, Simple Strategies for a Healthy Home and Healthy You

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## Today's discussion

- Introduction
- Are all household cleaning and cosmetic products equal?
- What you can do
- Resources



## Framing the Issue

- High exposures and complexity
  - 84,000 + chemicals
  - Millions of products
- Policies not necessarily adequate to protect us-Innocent until proven guilty



## Finding an answer

- Paradigm is shifting abroad and here at home
- Toxic Free Kids Act (2015)
- Green Purchasing Policies and Cleaning Policies



## Why you should care

### Health Risks:

**May pose health risks and be contributing factors in:**

- ✓ Asthma and other respiratory problems
- ✓ Allergies and irritation (particularly with skin)
- ✓ Developmental and Reproductive toxicity (Hormone and Endocrine disruptors)
- ✓ Cancer
- ✓ Neurotoxins
- ✓ Accidents: Burns and Poisonings

## Everyday products in the home



## Everyday Cosmetics



## Deciphering Labels



## Additional Safety Tips

- Buy only what you need
- Use products in well ventilated areas
- Don't mix products
- Wear protective clothing
- Don't use broad based pest applications, target specific spots and limit use
- Store safely
- Dispose properly

## Top Three



1. Oven cleaners
2. Toilet cleaners
3. Drain cleaners



## What you choose to use – MAKES A DIFFERENCE .

1. Know what you have: **take an inventory**
2. Get rid of: **the nastiest products first**
3. Review where you store your products: **store safely away from kids and pets**
4. Simplify what you have
5. Choose: **Safer alternatives**



## Make your own!



- Safe for children to help you

## THE BASICS

- ✓ Vinegar
- ✓ Baking Soda
- ✓ Plant-based Soaps
- ✓ Hydrogen Peroxide
- ✓ Washing Soda
- ✓ Lemon juice
- ✓ Glycerin



## Soft Scrub Activity

- Great for bathroom surfaces, tub, tile.
- Mix baking soda and soap into frosting like mixture and use with sponge to scrub

## Drain Cleaning

Make a volcano—with baking soda and vinegar in your drain.



## Easy Window Cleaning

Vinegar and water!



## Toilet Cleaning Tips:



- Empty bowl to remove excess water.
- Use either baking soda or vinegar.
- Vinegar removes mineral deposits.
- Soak for ½ hour if needed.

## Room Fresheners—



## Use soap

For hand washing –  
Not antibacterial  
products



**Triclosan:** antibacterial ingredient widely used in soaps and detergents. May promote resistance, making germs harder to control.

## What about Cosmetics?

1. Take an inventory
2. Look up products on Skin Deep's Cosmetic Database
3. Reduce the amount of products you are using
4. When purchasing, read labels and know what **key words** to avoid

## Toothpaste and other Cosmetics



## Resources

For more on Green Cleaners or Recycling Information:

Metro Recycling Information Hotline  
(503) 234-3000

<http://www.oregonmetro.gov/tools-living/healthy-home>



## Q & A?



Questions?

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