

Resource Guide for Environmentally and Biologically Friendly Products

Household and Personal Care Products:

- www.ewg.org/reports/skindeep2/index.php Searchable index for product safety information on over 14,000 personal care products. Caution this site has not been updated.
- www.healthytoys.org Consumer guide to toxic chemicals in toys and list of test results for toxics in toys
- www.lookinggoodorganics.com Personal and household care products
- www.Earthessentials.com Skin care and personal care products
- www.herbalofferings.com Skin Care products reasonably priced, allergen free - customized
- www.ecos.com Household cleaning products
- www.ecover.com Household cleaning products
- www.arbonne.com Skin care products and a really great detox bath
- <http://www.maleleuca.com/> Skin care and cleaning products based on tea tree oil
- www.seventhgeneration.com Household cleaning products and paper goods for the home.
- www.Aubrey-Organics.com Hair coloring and personal care products
- www.needs.com The N.E.E.D.S. Company in Syracuse, NY carries a wide variety of personal care and household items along with water purifiers and other items. (800-634-1380)
- www.acminet.org Source of non-toxic art supplies
- www.greenfeet.com For a source of stainless steel water bottles
- <http://www.thesoftlanding.com> For baby bottles, sippy cups and teethers. Also adult stainless steel bottles
- <http://safemama.com/2007/11/22/bpa-free-bottle-and-sippy-cup-cheat-sheet/> For safe baby bottles, sippy cups and food storage containers
- <http://www.ewg.org/node/8310> For tips on safe cookware (stainless steel, cast iron and others)
- <http://www.onestepahead.com> Good company for safer toys and other child needs
- <http://www.greenhome.com> Good resource for chemical free clothing and bedding as well as general home and personal needs
- www.organicmattressstore.com A good resource for bedding and mattresses.
- www.greenhome.com, www.gaiam.com and www.ahappyplanet.com. For flame-retardant sleepwear and chemical and synthetic-free sheets & mattresses:
- <http://www.nurturedfamily.com/catfuzzibunz.aspx> or www.diaperpin.com Reusable diapers
- Recipes for making your own cleaning formulations are available from several sites. Try these:
- Care2: How to make a non-toxic cleaning kit:
<http://www.care2.com/greenliving/make-your-own-non-toxic-cleaning-kit.html>
- Organized Home: Pantry Cleaners: Recipes for Homemade Cleaning Products
<http://organizedhome.com/pantry-recipes-homemade-cleaning-products>

Home Building, Testing and Repair:

- Home building supplies www.greenbuildingsupply.com
www.greenhomeguide.com
- Hardwood finishes <http://www.hardwoodinstaller.com/hardwoodinstaller/finishes-water.htm>
<http://www.hardwoodscene.com/Water-Based-Hardwood-Floor-Finish.asp>
- For non-toxic snap together flooring called Marmoleum <http://www.coolgreenfloors.com/>
- Non-toxic paints: Options include Sherwin Williams Harmony Line, Benjamin Moore EcoSpec and Bio Shield's solvent free clay paints. Also check out Mystic Paint at <http://www.mythicpaint.com>.
- For concrete floor paint try www.AFMSafecoat.com. This prevents soaking into the concrete so that garage spills can be cleaned up easily.
- Home test kits for lead, cadmium, mercury, arsenic, nickel and chromium www.leadcheck.com
- Hand held device that detects mercury, lead, arsenic, cadmium etc, in any household item. This is very expensive but may be useful in certain situations. www.innovxsys.com
- EWG's Guide to Light Bulbs http://www.ewg.org/files/EWGguide_lightbulb.pdf

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Safe water for the home:

- Anyone interested in having their water tested can call the EPA Safe Drinking Water Hotline (800-426-4791) to get a list of what contaminants to look for in your community and a list of qualified labs in their state. You can also call Suburban Water Testing Labs 800-433-6595 <http://www.h2otest.com/other.html> or National Testing Labs in Cleveland Ohio (800-458-3330) <http://www.ntllabs.com/homeowner/index.html>.
- <http://www.ewg.org/tap-water/home> EWG assembled an unprecedented database of 20 million drinking water quality tests performed by water utilities since 2004. You can search your local water company by zip code and see what was found. Then download “Making Sense of Your Right to Know Report” from www.safe-drinking-water.org/pdf/makesense.pdf. This site also has fact sheets on common contaminants.
- You can request a copy of the pamphlet “Drinking Water and Disease” from Physicians for Social Responsibility at http://www.psr.org/site/DocServer/Drinking_Water_and_Disease_Primer.pdf?docID=559 or call 202-898-0150.
- Water Filters vary significantly in effectiveness for different needs. NSF International offers a certification program for water filtration systems based on standards of the American National Standards Institute (ANSI). Up to date information about water filtration systems can be obtained from NSI at 800-673-8010 or www.NSF.org
 - <http://www.nrdc.org/water/drinking/gfilters.asp> for a guide to some types of common water filters
 - <http://www.searchawarf.org> can search for information a many other types of filtration technologies. Report indicated that ozone or a combination of UV light plus peroxide would be very effective in removing almost all types of contaminants.
 - Reverse osmosis water purification is very effective but very inefficient
- Information about bottled water is available from Natural Resources Defense Council at www.NRDC.org
 - <http://www.nrdc.org/water/drinking/bw/appa.asp> results of tests of several hundred bottled water brands
- Rain water. May not always be “safe” but it is environmentally friendly and it can be collected and used for garden watering other outdoor needs.

Outside the home

www.findCO2.com To locate dry cleaners using CO2 based technique instead of PERC

www.greenearthcleaning.com To locate dry cleaners using silicone based technique instead of PERC

www.earth911.org To locate recycling centers in your area for difficult items like fluorescents

<http://www.lamprecycling.com> For mailing used fluorescent bulbs. Note Home Depot will recycle now.

<http://www.thegreenoffice.com> Everything for office supplies from paper to furniture to cleaning supplies

<http://ucsusa.org/publications/greentips/> Union of Concerned Scientists

Lawn Care Products

www.gardensalive.com Lawn and garden products. Also a resource for garden questions.

www.WHY.org/91fm/ybyg Good resource for non-toxic solutions to garden and indoor plant questions.

<http://www.beyondpesticides.org/gateway/index.htm> Info on safety of specific pesticides

For organic lawn care stuff <http://bradfieldorganics.com>, <http://smartwp.com>, <http://www.yardorganics.com>

Lawn Care Alternatives:

Insect control: Insecticidal soap, diatomaceous earth, and neem products. Insects are vital and killing agents are not selective.

Weed control: Corn gluten, hot water and vinegar, pull the weeds, or just leave them be and relax

Fungicide alternatives: Sulfur, baking soda, certain copper products and avoid over watering.

Help your neighbors keep the neighborhood safe for children, pets and wildlife

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Natural insect repellants:

- Neem oil can be taken orally as a mosquito repellent. (Ayush Herbs, www.ayush.com.)
- Thiamin 100mg/d may deter mosquitoes.
- Topicals include: 2% soybean oil, Vick's Vapo Rub, pure vanilla extract (1:1 with water), cinnamon oil, oil of lemon eucalyptus.
- Enzyme shampoos to get rid of fleas and lice and spray house with 50/50 vinegar and water
 - www.LiceBgone.com for a safe enzyme product to treat lice, scabies and crabs
- Cockroaches: spread bay leaves and sprinkle a fine dusting of baking soda and boric acid
- Ants: Sprinkle black pepper, chili powder or chalk and brush lavender and olive oil on trails.
- Moths: Cedar chips and lavender oil
- Mice and rats: Lavender oil, cedar oil or camphor will repel them.
- Trade products include Ambermin's Natural Source Bug Repellent, Gone (insect detergent spray), All Terrain Herbal Armor Insect Repellent, Buzz Away, BiteBlock and Outdoor Herbal Spray (The Bug Disenchanter)
- Termites: Set bait traps filled with cheap pine or wet cardboard and add something to the bait that slowly kills the colony, like a diluted solution of boric acid, an insect growth regulator or a chitin inhibitor (which prevents the young ones from successfully molting into adults). This bait will be taken back to the colony, where it will eventually kill the queen. Note: it is *very* important to use something very gentle and slow acting to eradicate the colony. If you hit them *hard*, the workers will die before they can get the poison back to the nest, where you were hoping they would spread it around. The workers may also be repelled by strong stuff and avoid the stations. *AND* these dilute and/or slow-acting baits are very safe to have around children, pets and the environment. It may take a few months to wipe out the colony, but die they will—without any harm to you and yours.
- Control fleas and ticks on your pets with Flea 'N Tick B Gone available online or 100% Natural Flea and Tick Spray available from www.quantumherbalproducts.com and many health food stores
- Fleas, bed bugs, cockroaches and spiders can be controlled with diatomaceous earth from pool supply or better yet products intended for human use such as MotherEarth D or <http://www.earthworkshealth.com/>

Farmers' Markets

www.ams.usda.gov/farmersmarkets A national listing of farmers' markets.

www.localharvest.org Farmers' markets, family farms, and other local sources of sustainably grown food

www.eatwellguide.org Eat Well Guide: Wholesome Food from Healthy Animals --The Eat Well Guide is a free online directory of sustainably raised meat, poultry, dairy, and eggs from farms, stores, restaurants, inns, and hotels, and online outlets in the United States and Canada.

Community Supported Agriculture programs (CSA's)

<http://www.nal.usda.gov/afsic/csa/> Alternative Farming Systems Information Center, (CSA)

www.westonaprice.org Weston A. Price Foundation –

www.foodroutes.org The Food Routes “Find Good Food” map can help you connect with local farmers to find the freshest, tastiest food possible. On their interactive map, you can find a listing for local farmers, CSA's, and markets near you.

Grass-Fed Beef Ranchers

www.panoramameats.com Panorama Meats – Black Angus and Red Angus

www.countrynaturalbeef.com Country Natural Beef – Hereford and Angus

www.tallgrassbeef.com Tallgrass Beef

www.nimanranch.com Niman Ranch – A network of more than 600 independent farmers and ranchers

www.newseasonsmarket.com Pacific Village – Entirely grass-fed cattle since 2002

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Food Information:

Vegetarian Starter Kits: www.bostonveg.org.

Information on raw milk: www.realmilk.com, www.westonaprice.org

To locate healthy food markets, farms and restaurants by zip code: www.eatwellguide.org

For locating local organic farms farmers markets and restaurants: <http://www.localharvest.org>,
www.ams.usda.gov/farmersmarkets

For the Shoppers Guide to Pesticides in Produce: www.foodnews.org

Information on dangers of pesticides and safe alternatives www.pesticides.org

Information about plastics <http://www.environmentalobservatory.org/library.cfm?refid=77083>

Info about Persistent Organic Pollutants <http://www.oztoxics.org>

For information about genetically engineered food see The Alliance for Bio-Integrity at www.biointegrity.org
and the Institute for Responsible Technology at www.responsibletechnology.org

For information on the arsenic content of uncooked and fast food source chickens look at the report from the
Institute for Agricultural Policy <http://www.iatp.org/iatp/publications.cfm?accountID=421&refID=80529>

Special Care of ourselves:

<https://californiaorganicflowers.com> For organic flowers. These are often expensive but you can ask your local
flower shop for flowers that are Florverde Certified (www.florverde.org)

www.organicbouquet.com Ships organic flowers pick that day directly from farm to you, 877-899-2468

<http://www.organicconsumers.org/btc/BuyingGuide.cfm> is another resource for many types of products listed
by locale including organic wines and candles

<http://www.soycakecandles.com> For a great variety of healthy, lead-free candles.

<http://cosmeticsdatabase.com/special/sunscreens2008> Database of safe and effective sunscreens.

Choose safer soaps. Use plain soap and water avoiding fragrance, triclosan and triclocarbon. Read labels!

For Safer Cleaning Ideas [http://www.ewg.org/schoolcleaningsupplies/safecleaningtips?utm_source=cleaner-
full&utm_medium=email&utm_content=second-link&utm_campaign=toxics](http://www.ewg.org/schoolcleaningsupplies/safecleaningtips?utm_source=cleaner-full&utm_medium=email&utm_content=second-link&utm_campaign=toxics)

Tools and Ideas for Talking to Schools about Green Cleaning

[http://www.ewg.org/schoolcleaningsupplies/ReduceAirPollutantsatYourSchool?utm_source=cleaner-
full&utm_medium=email&utm_content=third-link&utm_campaign=toxics](http://www.ewg.org/schoolcleaningsupplies/ReduceAirPollutantsatYourSchool?utm_source=cleaner-full&utm_medium=email&utm_content=third-link&utm_campaign=toxics)

General Suggestions:

- Wash retardant-treated items in soap and borax before wearing.
- Ventilate often by opening the windows especially in the bathroom or use an exhaust fan.
- Clean or change your A/C and furnace filters.
- Throw the sheets back on your beds in the morning. Give your sheets and mattress a chance to air out.
- Turn off lights, etc when not needed. A by-product of energy production is mercury.
- Kick off your shoes and leave pollutants at the front door! You track pesticides, chemicals, feces, etc into your home on your shoes. Water Hog doormats are an excellent investment. Look at www.stopdirt.com.
- If installing carpet, ask the company to unroll it in the warehouse and allow it to “off-gas” before putting it into your home.
- Avoid PVC containing plastics. The following are ok to use:
 - Use clear wrap not Saran. Glad Cling Wrap is alright.
 - Hefty One-Zip slider bags, Hefty Baggies, Ziplock and Gladlock bags and containers
 - Rubbermaid Chuggable bottles or stainless steel Kleen Kantens with sippy adapters
 - Eastman Tritan copolyester is a safe alternative to BPA containing plastics. It is currently being used in Camelback brand water bottles and Vitamix products amongst others. Tests have shown no hormone disrupting chemicals

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Understanding the Labels

100 Percent Organic: Refers to single ingredient foods, such as fruits and vegetables, meat, milk and cheese. This may bear the USDA Organic Seal.

Organic: Foods labeled "organic" must consist of at least 95% (by weight) organically produced ingredients and the other 5% must be approved on the [National List](#) provided by the USDA. They cannot be produced with any antibiotics, growth hormones, pesticides, petroleum or sewage-sludge based fertilizers, bioengineering, or ionizing radiation. Each organic ingredient must be identified along with the name of the certifying agency. This also may bear the USDA Organic Seal.

Made With Organic Ingredients: Refers to multiple-ingredient foods of which 70 percent or more of the ingredients are organic. This claim may be printed on the front of the package, listing the specific organic ingredients, but may not bear the USDA Organic Seal.

Contains Organic Ingredients: is a claim that may not be put on the front of a package and refers to a product that has less than 70 percent organic ingredients. It may not bear the USDA Organic Seal.

Natural: Food labeled "natural," according to the USDA definition, does not contain artificial ingredients or preservatives and the ingredients are only minimally processed. However, they may contain antibiotics, growth hormones, and other similar chemicals. Regulations are fairly lenient for foods labeled "natural." Producers must submit a sort of application at the time of slaughter, detailing practices used throughout the life of the animal. Labels are evaluated to prevent mislabeling but no inspections are conducted and producers are not required to be certified.

All Natural: The USDA does not define foods labeled "all natural" as any different than those labeled "natural." Foods with this labeling are probably not any different than "natural" foods and may not be regulated, as the USDA does not define them.

Free Range/Cage Free: For a product to be labeled "free range" or "cage free" the animals cannot be contained in any way and must be allowed to roam and forage freely over a large area of open land.

This labeling is very minimally regulated. USDA food labeling regulation only requires that the producer be able to demonstrate that the animals are allowed access to the outside and not contained, but applications and certification are not required. This level of regulation has allowed producers to keep animals closely confined, but without cages, and still use the label "cage free."

http://www.fsis.usda.gov/Fact_Sheets/Meat_&_Poultry_Labeling_Terms/index.asp

Grass Fed: Food labeled "grass fed" usually includes the label "free range" or "cage free," however, they are not necessarily connected. By definition a "grass fed" animal is one that is raised primarily on ranges rather than in a feedlot, which means that they can be contained and still show this label, as long as they are allowed to graze. If an animal was "grain fed" it was most likely raised in a feedlot, contained for most of its life, and is of less nutritional value. The USDA defines "grass fed" as it applies to labeling but does not regulate it in any way.

While the USDA does regulate most food labels, they do not regulate all labels and, as with "free range" and "cage free" labels, they do not always do so as thoroughly as possible. Knowing this, along with the meaning of each label, will help consumers make healthier and more environmentally friendly decisions.

For more information visit the USDA website www.usda.gov or any other links listed on this page.

The definitions above can be found in the USDA [glossary of agricultural terms](#).

PLU (Price Look Up) Codes are found on fruits and vegetables. Conventionally grown foods have 4 digits. Organically grown foods have five digits all starting with 9. Genetically modified foods have five digits all starting with 8.