

Healthy Home

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A journey of a thousand miles
begins with a single step.

~ Lao-tzu, Chinese philosopher



Tips On Green Cleaning

Techniques to minimize inhalation and absorption

- Use the least - toxic effective product
- Read and follow the directions for use
- Ventilate; open windows, vents and /or use fans
- Minimize exposure; clear children out of room
- Wear heavy rubber gloves
- Always pour vs. spray
- Use the least amount necessary to do the job



Tips On Green Cleaning

For the floors

Prevention

- Remove shoes at doorway
- Entry mats at doorway

Cleaning

- Use a vacuum fitted with a HEPA filter
- Microfiber mops trap 90% of dirt (vs. cotton mops 30%)



Cleaning vs. Disinfecting

- Cleaning - removes germs
- Disinfecting - kills germs

Where are the "hot zones", or the contaminated areas, in your home?



Power of the Purse

- Read labels
 - Reduced or no VOC
 - Reduced or no added fragrances
 - Avoid petroleum-based products
(plant based or biodegradable)
 - Phosphate-free and safe for aquatic animals
- Understand logos and 3rd-party certifications



Green Washing

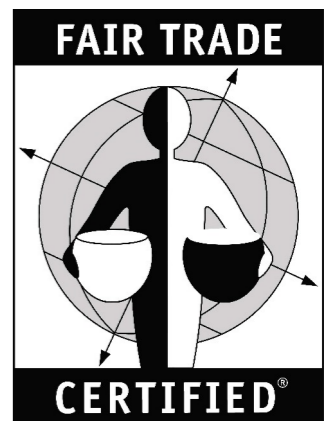
- Sin of the Hidden Truth
- Sin of No Proof
- Sin of Vagueness
- Sin of Irrelevance
- Sin of Lesser of Two Evils



<http://sinsofgreenwashing.org>

AAMC **green** 

Third-Party Certifications



One Life...One World....Take Care Of it!



In the Kitchen

Cooking & Storing

- Skip non-stick- Use cast iron or stainless steel
- Avoid chemicals leaching into food:
 1. Limit processed food
 2. Go easy on canned (BPA) food
 3. NEVER microwave plastics or Styrofoam
- Filter water for drinking & cooking
- Pick plastics carefully: #1, 2, 4, 5 are OK
(avoid hard, clear plastic #3, 6, 7)



In the Kitchen

Food

- Buy Organic when able or choose fruits and vegetables from EWG's "Clean 15"
- Eat low mercury fish like Haddock & Flounder, rather than high mercury choices like tuna & swordfish
- Choose dairy products that are rBGH free
- Get your iodine
- Breast milk is the best food for babies
- Eat good fats- Omega-3 fatty acids can offset toxic effects of lead and mercury



For the Kids

- Give you baby a frozen washcloth instead of vinyl teethers
- Avoid fire retardants!

Seal outdoor wooden structures

