



EWG ACTION FUND

EWG ACTION FUND'S HEALTHY HOME CHECKLIST

Check your house for common toxic chemicals and choose safer alternatives with this simple checklist for less toxic living.

KITCHEN



- DO YOU COOK WITH NON-STICK COOKWARE?**
Replace with cast-iron, stainless steel, or glass when possible. Stuck with it? Take care not to overheat it, which releases toxic fumes.
- DO YOU USE PLASTIC FOOD CONTAINERS?**
We recommend glass over plastic. Never microwave food in plastic containers. For baby, use glass or BPA-free plastic bottles.
- DO YOU FILTER YOUR TAP WATER?**
Check EWG's online tap water quality database for local contaminants, then choose a filter that removes them, if needed.
- DO YOU DRINK BOTTLED WATER?**
Kick the habit. For water on-the-go, get a reusable water bottle, like stainless steel (not plastic or aluminum lined with plastic).
- ANY CANNED FOOD IN THE PANTRY?**
Cook with fresh or frozen whenever possible; most food cans (including liquid infant formula) are lined with bisphenol-A (BPA), a toxic chemical that leaches into the food.
- DO YOU EAT CONVENTIONALLY GROWN PRODUCE?**
Check EWG's Shopper's Guide to Pesticides to be sure you buy organic when pesticide residues are highest.
- DO YOU USE IODIZED SALT?**
You should. Iodine is necessary to maintain healthy thyroid function.
- DO YOU EAT HIGH-MERCURY FISH?**
Ask before eating and head for the lower-mercury types (especially for pregnant women and young children).

BATHROOM



- DO YOU USE AIR FRESHENERS?**
Don't! Most contain a number of toxic chemicals that contaminate the air you breathe.
- IS THERE FRAGRANCE IN YOUR PERSONAL CARE PRODUCTS?**
We don't know what's in "fragrance," so it's safer to choose all fragrance-free personal-care products. Always check ingredient lists to be sure.
- WHAT KIND OF TOOTHPASTE DO YOU USE?**
Choose fluoride-free for kids under 2 and teach older kids to rinse and spit; fluoride is toxic if swallowed. Also, pick a paste without triclosan—you'll see it on the ingredient list.
- DO YOU USE LIQUID HAND SOAP?**
If so, avoid anti-bacterials—the American Medical Association recommends against using them at home.
- WHAT MATERIAL IS YOUR SHOWER CURTAIN?**
Avoid vinyl shower curtains. If you get a new curtain (whatever the material), leave it outside for several days before using.
- DO YOU HAVE EXTRA PRODUCTS?**
Less is more. Skipping cosmetics like hair spray and detangler, body sprays and powder is less toxic—and cheaper!

