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Women's Voices for the Earth

6 Quick & Easy Ways to **Green** Your Home!

...*From Women's Voices for the Earth*

1. Use glass containers to store and heat food and beverages - not plastic



A compound widely used in plastic products is thought to cause serious reproductive disorders, according to a statement by several dozen scientists, including four from federal health agencies. This compound, bisphenol A, can migrate into food and beverages if containers and bottles are exposed to heat or are scratched, cracked, or worn from repeated use and dishwashing. Scientists suspect that exposure early in life disrupts hormones and alters genes, programming a fetus or child for breast or prostate cancer, premature female puberty, attention deficit disorders and other reproductive or neurological disorders.

For more information: <http://ntp.niehs.nih.gov/index.cfm>

2. Avoid vinyl shower curtains, opt for fabric instead



As many as 100 toxic chemicals associated with adverse health effects are released into the air from polyvinyl chloride (PVC) shower curtains. These chemicals make up that "new shower curtain smell" unique to PVC vinyl shower curtains and shower curtain liners, according to a recent study. Toxic chemical off-gassing from PVC shower curtains may contribute to respiratory irritation, damage to the central nervous system, liver and kidney, nausea, headaches and loss of coordination.

For more information:

<http://www.chej.org/showercurtainreport/>

3. Skip store-bought air fresheners and open the windows



A recent investigation of 14 common air fresheners found hormone-disrupting chemicals known as phthalates in 12 products, including some fresheners marketed as "all-natural" and "unscented." Phthalates are known to interfere with hormone and testosterone production. Children and unborn babies are particularly vulnerable to the toxins. Air fresheners are not regulated by the federal government, and companies are not required to list ingredients on their labels.

For more information:

<http://www.nrdc.org/health/home/airfresheners/contents.asp>



4. Use energy-efficient compact-fluorescent light bulbs, then recycle them

If every American home replaced just one light bulb with a compact fluorescent light bulb (CFL), we would save enough energy to light more than 3 million homes for a year and prevent greenhouse gases equivalent to the emissions of more than 800,000 cars. CFLs contain a very small amount of mercury sealed within the glass tubing – although no mercury is released when the bulbs are intact (not broken) or in use, you should recycle your used CFL to ensure that bulbs don't break in landfills. Visit any Home Depot or Ikea store nationwide to recycle CFLs.

For more information:

<http://www.greenerchoices.org/products.cfm?product=compact>



5. Wipe out toxic cleaning products and host a green cleaning party

Many household cleaners contain toxic chemicals linked to asthma and reproductive harm, but you can wipe out unsafe chemicals by mixing your own cleaning products. Join a national movement of people who are making effective cleaners using safe ingredients like baking soda and vinegar.

For more information:

<http://www.womenandenvironment.org/greenclean>



6. Make your mouse mighty – join WVE's Online Action Network

Stay up-to-date on ways you can keep your home and family safe from toxics, including action alerts on legislation to regulate toxic chemicals in consumer products. Add your voice to the chorus of women calling for change.

Sign up today: <http://www.womenandenvironment.org>

ABOUT WOMEN'S VOICES FOR THE EARTH

Women's Voices for the Earth (WVE) is a national organization that engages women to advocate for the right to live in a healthy environment. WVE seeks to reduce and ultimately eliminate environmental pollutants that cause health problems for women, their families and communities. To this end, WVE creates opportunities for women to influence environmental decision-making. Find out more and join our action network at www.womenandenvironment.org.