

OUTDOORS

Sunscreen

AVOID chemical filters like Oxybenzone, which lacks sufficient data on safety. According to a recent FDA study, these chemicals seep into the bloodstream at levels well above the point at which testing is required.

CHOOSE sunscreens with the mineral filters Zinc Oxide and/or Titanium Dioxide. Download EWG's Guide to Sunscreens.

Gardening

AVOID fertilizers containing harmful pesticides & herbicides, especially the ingredient Glyphosate, found in weed killers.

CHOOSE organic fertilizers.

SHARE this information with neighbors. Chemicals can be carried through the air to your yard and will also seep into ground water.

Insect Repellent

AVOID repellents containing more than 30% DEET for adults and 10% for children and repellents combined with sunscreen

CHOOSE products containing Picaridin. A 20% concentration can provide all day protection without the side effects that DEET can have. Another option is IR3535. A 20% concentration can provide 8 hours of protection against mosquitos and 6-12 hours against ticks.

PLASTICS

BPA & BPS

AVOID drinking liquids, storing food, and heating or freezing in plastic, even if the product labeling states that it is BPA-free. BPA has been replaced by other chemicals, like BPS, that may be just as harmful.

CHOOSE glass or stainless steel, reusable water bottles and glass, ceramic or stainless-steel food storage containers. Also, purchase packaged food in glass or other non-plastic containers when possible.

OTHER surprising sources of BPA: *Cash register receipts* are coated in BPA. Go paper free or be sure to wash hands after handling and do not place receipts in shopping bags with food. *Canned food and packaged beverages*, like soda and beer, are lined with BPA.

RESOURCES

www.findthecausebcf.org
www.healthytomorrow.org
www.ewg.org
www.beautycounter.com
www.safecosmetics.org
www.sixclasses.org
www.womensvoices.org

FUND RESEARCH ON PREVENTION!

www.findthecausebcf.org/donate
info@findthecausebcf.org
508.877.4543



Funding Scientific Research on the
Environmental Causes of Breast Cancer

SIMPLE WAYS
TO AVOID
EXPOSURE TO
TOXIC
CHEMICALS
IN YOUR
EVERYDAY LIFE



www.FindTheCauseBCF.org

FOOD

Produce

BUY organic whenever possible.

DOWNLOAD and carry *EWG's Dirty Dozen & Clean Fifteen*, found on www.EWG.org, which lists 12 produce items that you should *never* purchase when grown conventionally and 15 produce items that are safer to purchase when grown conventionally.

Meat and Poultry

CHOOSE organic, pasture raised eggs and poultry and grass-fed beef.

LOOK FOR CERTIFICATIONS like "Animal Welfare Approved" to be sure you are getting the highest quality possible.

Cookware

AVOID all non-stick cookware, which contains PFOA's or other untested replacement chemicals that could be just as bad or worse. "PFOA free" does not mean that it is safe!

CHOOSE to cook in cast iron, stainless steel or ceramic pots and pans.

Grilling Meats and Poultry

AVOID direct exposure of meat on an open flame or hot metal surface. Avoid charring (burning) and prolonged cooking times.

CHOOSE to add a layer between the grill surface and food to avoid charring, like stainless steel or unbleached parchment. Continuously turn meat when cooking over a high heat source. Remove charred portions of meat.

HOUSEHOLD

Cleaning Products

AVOID these ingredients:

Phthalates (often hidden in the word "fragrance" or "parfum") | Perchloroethylene or "PERC" | Triclosan | Quaternary Ammonium Compound (QUATS) | Butoxyethanol | Ammonia | Chlorine | Sodium hydroxide

CHOOSE DIY recipes found online that include ingredients like vinegar, baking soda and essential oils.

Download EWG's Guide to Healthy Cleaning.

Paper Products

AVOID products processed containing chlorine bleach.

CHOOSE either processed chlorine-free (PCF), recycled non-chlorine bleached paper or totally chlorine-free (TCF), or non-recycled, non-chlorine bleached paper.

Flame Retardants

CHOOSE new furniture and baby products wisely. Many responsible retailers have banned flame retardants. Research chemical free mattresses and avoid foam fillers.

CLEAN MORE OFTEN... Flame retardants settle in household dust. Use a HEPA filter vacuum, clean floors with a wet mop, wipe down surfaces, and wash hands often.

PERSONAL CARE

Cosmetics & Skincare

AVOID these ingredients:

Benzalkonium Chloride | BHA & BHT | Coal Tar | Ethylenediaminetetraacetic Acid (EDTA) | Ethanolamines (MEA/DEA/TEA) | Formaldehyde | Fragrance or Parfum |

Hydroquinone | Parabens (methyl-, isobutyl-, propyl-) | Phthalates | Polyethylene Glycols (PEG compounds) | Retinyl Palmitate & Retinol (Vitamin A) | Sodium Lauryl & Laureth Sulfate (SLS & SLES) | Toluene | Triclosan & Triclocarban

DOWNLOAD and carry Beauty Counter's "The Neverlist" and use EWG's app SkinDeep to determine product safety.

Shampoo & Toothpaste

AVOID these ingredients:

Fragrance | Parabens | Fluoride | PEGS | Sulfates | Triclosan | Artificial Sweeteners (aspartame)

Fragrance and Air Fresheners

AVOID the words "fragrance" or "parfum" on the product label, which can represent an undisclosed mixture of various scent chemicals and ingredients such as Phthalates.

CHOOSE products that either list essential oils as an ingredient for scent or are labeled "Fragrance-Free" ("Unscented" does not mean "Fragrance-Free").

Feminine Care Products

CHOOSE organic, non-chlorine bleached sanitary napkins and tampons. Visit www.womensvoices.org/menstrual-care-products for more information.