

# FOOD

## Produce

**BUY** organic whenever possible.

**RESOURCE** EWG's Dirty Dozen & Clean Fifteen ([www.ewg.org](http://www.ewg.org)). Lists 12 produce items that should be avoided when conventionally grown and 15 that are safe to consume when conventionally grown.

## 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.

## Cooking Food

**AVOID** nonstick 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! If you choose to use nonstick, cook at a low temperature to avoid inhaling dangerous off gassing and use in a well-ventilated area.

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

**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 or cook more slowly at a lower heat. Remove charred portions of meat.

## Storing Food

**AVOID** drinking liquids, storing food, and heating or freezing in plastic, Note: If the label states that it is BPA free, it is likely replaced by BPS, which cause similar harm.

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

## Also Avoid

**Cash register receipts.** Most are coated in BPA.

**CHOOSE** to go paper free or be sure to wash hands after handling. Do not place receipts in shopping bags with food.

## RESOURCES

[www.findthecausebcf.org](http://www.findthecausebcf.org)

[www.ewg.org](http://www.ewg.org)

[www.saferchemicals.org](http://www.saferchemicals.org)

[www.saferchemicals.org/mindthestore/](http://www.saferchemicals.org/mindthestore/)

[www.healthytomorrow.org](http://www.healthytomorrow.org)

[www.beautycounter.com](http://www.beautycounter.com)

[www.safecosmetics.org](http://www.safecosmetics.org)

[www.sixclasses.org](http://www.sixclasses.org)

[www.womensvoices.org](http://www.womensvoices.org)

## Apps

EWG's Healthy Living

Detox Me

Think Dirty

## FUND RESEARCH ON PREVENTION!

[www.findthecausebcf.org/donate](http://www.findthecausebcf.org/donate)

[info@findthecausebcf.org](mailto:info@findthecausebcf.org)

508.877.4543



Funding Scientific Research on the Environmental Causes of Breast Cancer

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

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[WWW.FINDTHECAUSEBCF.ORG](http://WWW.FINDTHECAUSEBCF.ORG)

## HOUSEHOLD

### Cleaning Products

**AVOID** these ingredients:

Phthalates (often hidden in the words “fragrance” or “parfum”) | Triclosan | Perchloroethylene (PERC) |

Quaternary Ammonium Compound (QUATS) | Butoxyethanol | Ammonia | Chlorine Bleach | Sodium hydroxide

**CHOOSE** DIY recipes found online that include ingredients like vinegar, baking soda, lemon juice, castile soap, and essential oils.

**RESOURCE** *EWG’s Guide to Healthy Cleaning*

### Paper Products

**AVOID** products processed with 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. Look for the TB117-2013 label when buying new furniture with a check mark next to this statement: “Contains NO added flame retardant chemicals”.

### VACUUM, MOP AND DUST 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.

### Water Filtration

**CHOOSE** a system that is NSF/ANSI Standard 53 certification or higher. Reverse Osmosis is a great option (NSF/ANSI Standard 58).

## PERSONAL CARE

### Cosmetics & Skincare

**AVOID** these 10 ingredients:

Parabens  
Fragrance/Parfum  
Phthalates  
Triclosan  
Toluene (found in nail polish)  
Formaldehyde  
Polyethylene Glycols (PEG)  
Sodium Lauryl & Laureth Sulfate (SLS & SLES)  
Synthetic Colors (eg: D&C Red 27, FD&C Blue1)  
Retinyl Palmitate & Retinol (Vitamin A)  
**RESOURCES** *Beauty Counter’s “The Neverlist”* and *Apps Think Dirty, Detox Me* and *EWG’s Healthy Living*.

### 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.

**RESOURCE** [www.womensvoices.org/menstrual-care-products](http://www.womensvoices.org/menstrual-care-products)

## OUTDOORS

### Sunscreen

**AVOID** chemical filters like Oxybenzone.

Also, avoid the ingredient vitamin A (retinyl palmitate) and added insect repellent.

**CHOOSE** sunscreens with the mineral filters Zinc Oxide and/or Titanium Dioxide in a lotion form with an SPF between 15 and 50.

**RESOURCE** *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 can 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 the active ingredient Picaridin. A 20% concentration can provide all day protection without the side effects that many products on the market that contain higher levels of DEET can have. Also choose products containing the active ingredient IR3535 - a 20% concentration can provide 8 hours of protection against mosquitos and 6-12 hours against ticks.

**RESOURCE** *EWG’s Insect Repellent Guide*