

FOOD

Produce

BUY organic whenever possible.

RESOURCE EWG's Dirty Dozen & Clean Fifteen (www.ewg.org). Lists top 12 conventional produce items most heavily treated with pesticides 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 temperate with good ventilation to avoid inhaling dangerous off gassing.

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 paper.

Continuously turn meat when cooking over a high heat source or cook more slowly at a lower heat. Remove charred portions.

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 causes 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. Canning jars are an inexpensive option

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

www.ewg.org

www.saferchemicals.org

www.saferchemicals.org/mindthestore/

www.healthytomorrow.org

www.beautycounter.com

www.safecosmetics.org

www.sixclasses.org

www.womensvoices.org

Apps

EWG's Healthy Living

Detox Me

Think Dirty

FUND RESEARCH ON PREVENTION!

www.findthecausebcf.org/donate

info@findthecausebcf.org

508.877.4543



Funding Scientific Research on the
Environmental Causes of Breast Cancer

**AVOIDING
EXPOSURE TO
TOXIC
CHEMICALS
IN YOUR
EVERYDAY LIFE**



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.

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 and Activated Carbon are best to filter out PFAS.

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 fragrance-free or scented with essential oils. ("unscented" does not mean fragrance-free).

Feminine/Baby Care Products

CHOOSE products that are *organic, fragrance-free and non-chlorine bleached*.

OUTDOORS

Sunscreen

AVOID chemical filters, esp. Oxybenzone and added insect repellent. Also avoid sprays which can emit Benzene.

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

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 ingredients Picaridin or IR3535. A 20% concentration can provide all day protection without the side effects that many products that contain higher levels of DEET can have.