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A GUIDE FOR EARTH-FRIENDLY CONSUMPTION  
HABITS



# HOW TO USE THIS GUIDE



From cleaning to paper to hygiene to beauty, these products we use everyday have a significant impact on our environment.

Use this guide to help you switch out those everyday products you use for more earth-friendly versions.

God mandated us to care for creation. It's time we examined our lifestyles and purchases in order to ensure we are fulfilling that mandate.

THE LORD GOD TOOK THEM AND PUT THEM IN THE GARDEN OF EDEN TO WORK IT AND TAKE CARE OF IT.

GENESIS 2:15

WHAT YOU USE	WHAT YOU SHOULD LOOK FOR	AND WHY?
<h2>Toilet Paper</h2>	<p>Toilet paper made from recycled paper without chlorine or bleach</p> <p>LIKE: Seventh Generation, Green Forest, Earth Friendly, Marcel</p>	<p>Trees are necessary for our environment. They make oxygen, filter the air, regulate climate, protect soil from erosion, provide habitat for more than 90% of all land-dwelling species, and more. About 17% of all the wood consumed worldwide every year goes to papermaking - including toilet paper.</p>
<h2>Paper Towels</h2>	<p>Unbleached paper towels that are 100% recycled, reusable towels</p> <p>LIKE: Seventh Generation, Earth Friendly</p>	<p>Hydrochloric acid (bleach) is used to whiten paper products, which means bleach is flushed into our waterways where it can combine with organic compounds in the environment to form dioxins which are carcinogenic and can cause hormone disruption and immune system toxicity.</p>
<h2>Toothbrush</h2>	<p>Recycled plastic, made from bamboo tooth brush</p> <p>LIKE: WooBamboo, Brush with Bamboo, Preserve Toothbrushes</p>	<p>At the rate we go through toothbrushes we're not only using considerable amounts of virgin plastic, but also adding to landfills at an alarming rate.</p>
<h2>Laundry/ Dryer Sheets</h2>	<p>Hang clothes to dry, vegetable based surfactants, salt, natural scents</p> <p>LIKE: Mrs. Meyers, Seventh Generation, BioKleen, Attitude, Soap Nuts, Nellie's Dryer Balls</p>	<p>Dryer sheets and liquid fabric softener are full of toxic chemicals. Chemicals that infiltrate the clothes we wear, which in turn get on our skin and absorbed into our body, as well as drain into our water system.</p>
<h2>Laundry Detergent</h2>	<p>No dyes, phosphate-free, biodegradable, concentrated</p> <p>LIKE: Method, Seventh Generation, BioKleen, Mountain Green</p>	<p>According to the Environmental Working Group's Guide to Healthy Cleaning about 53 percent of cleaning products they tested contain ingredients that can harm the lungs while 22 percent can cause asthma.</p>

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<h2>Disinfectant Cleaners</h2>	<p>Biodegradable, nothing that has strong 'hazard' warnings, no phosphates/bleach</p> <p>LIKE: Seventh Generation, Method, Vinegar, Borax</p>	<p>Many of the products we use not only contain harmful chemicals that lead to health issues, but are actually increasing resistance in many bacteria, creating antibiotic-resistant bacteria.</p>
<h2>All Purpose Cleaners</h2>	<p>Non-toxic, biodegradable, all natural</p> <p>LIKE: Seventh Generation, Method, Oxo Brite, Dr. Bronners, Earth Friendly, Biokleen, ECOS</p>	<p>Indoor air quality is on average 2-5 times worse than outdoor air quality. When we use toxic cleaning products to "clean" our home, they can exacerbate that to anywhere from 200-1000 times worse due to all the toxins you just sprayed!</p>
<h2>Glass Cleaner</h2>	<p>Non-toxic, biodegradable, all natural, plant-based</p> <p>LIKE: Seventh Generation, Method, Oxo Brite, Dr. Bronners, Earth Friendly, Biokleen, ECOS</p>	<p>Since World War II, 85,000 new chemicals have entered the mainstream through various products and oftentimes those chemicals aren't approved by the EPA.</p>
<h2>Wood Polisher</h2>	<p>Non-toxic, biodegradable, all natural, plant-based</p> <p>LIKE: Seventh Generation, Method, Oxo Brite, Dr. Bronners, Earth Friendly, Biokleen, ECOS</p>	<p>Conventional furniture polish is a highly toxic concoction. The chemicals in it may irritate your skin, eyes, and respiratory tract (that is your throat, lungs and wind pipe), as well as pollute the atmosphere.</p>
<h2>Upholstery/ Carpet Cleaner</h2>	<p>Non-toxic, biodegradable, all natural, plant-based</p> <p>LIKE: Simple Green</p>	<p>Most carpet cleaners use a toxic soup that leaves behind dangerous fumes and residue that can seriously affect the health of your family. This chemical soup is not only dangerous to your health but the environment, as well. Some carpet cleaning companies send the water used to rinse carpets straight down the drain, and into our water system.</p>

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<p><b>Deodorant</b></p>	<p>All natural, organic, homemade</p> <p>LIKE: Lush, Dr. Hauschka, Weleda, Erbaviva, Aubrey Organics, Bubble and Bee, Miessence</p>	<p>While wearing deodorant/anti-perspirant may make you feel good about not emitting awful body odor, they often contain very harmful chemicals for both the user and the environment like aluminum, parabens, and triclosan, the last of which has been accumulating in our rivers and streams.</p>
<p><b>Dish Soap</b></p>	<p>No chemical usage, non-toxic, biodegradable</p> <p>LIKE: Sonnet, Tandis natural, Eco-me, Babyganics, Dapple</p>	<p>Various household cleaning agents can contain toxic chemicals like ammonia, phosphorus, alkyphenol ethoxylates and petroleum. So when you wash your clothes, do the dishes and even flush toilet bowl cleaner you may be sending these chemicals back into the water system and nearby rivers, lakes and streams.</p>
<p><b>Dish Detergent</b></p>	<p>No chemical usage, non-toxic, biodegradable</p> <p>LIKE: Biokleen, Ecover, Grab Green, Up &amp; Up</p>	<p>Phosphates are found in dish detergent. Once they go down the drain and into the environment through discharge at sewage treatment plants, phosphates end up in lakes, streams and drinking-water reservoirs.</p>
<p><b>Facial Tissues</b></p>	<p>100% recycled, linen handkerchiefs</p> <p>LIKE: Seventh Generation, Marcal, Natural Value</p>	<p>Virgin facial tissue contributes to unnecessary deforestation, while flippant use of facial tissue causes unnecessary amounts of waste.</p>
<p><b>Paper Napkins</b></p>	<p>100% recycled, linen napkins</p> <p>LIKE: Seventh Generation, Marcal, Natural Value</p>	<p>Virgin paper napkins contributes to unnecessary deforestation, while flippant use of paper napkins causes unnecessary amounts of waste.</p>

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<p><b>Paper/ Plastic Dishware</b></p>	<p>100% recycled &amp; biodegradable, reusable glass or metal</p> <p>LIKE: Seventh generation, Marcal, Green Forest</p>	<p>The most environmentally-friendly choice you can make is to avoid paper and plastic materials in favor of reusable ones, but if you must, buy biodegradable and recycled materials in favor of ones made from virgin materials.</p>
<p><b>Plastic Food Container</b></p>	<p>Reusable glass or steel food container</p> <p>LIKE: Pyrex, Life without Plastic, Bowl Lovers, LunchBots, Anchor Hockings</p>	<p>Plastics (even BPA Free) release hormones in production as well as into the stored item.</p>
<p><b>Disposable Batteries</b></p>	<p>Rechargeable NiMH, NiCd, Lithium-ion batteries</p> <p>LIKE: Sanyo, Duracell, Energizer, etc.</p>	<p>Alkaline (disposable) batteries leak harmful chemicals into the ground if not properly disposed of (which most aren't). Rechargeable ones are not only more eco-friendly but also budget-friendly.</p>
<p><b>CFL/ Incandescent Light Bulbs</b></p>	<p>LED light bulbs</p> <p>LIKE: Anything with an "Energy Star" label</p>	<p>LED light bulbs use 1/10 the energy of incandescent and 1/2 the energy of CFL light bulbs. Further they last 42 times longer than incandescent and over 6 times longer than CFL lightbulbs. All around, LEDs are a smarter choice!</p>
<p><b>Plastic Trash Bags</b></p>	<p>Compostable trash bags</p> <p>LIKE: Bag to Nature, Reuseit, Planet Wise, Eco-Smartbags, Green Legacy</p>	<p>Conventional plastic bags have a plastic coating that release gases. Not to mention that the bags end up in a landfill and take hundreds of years to decompose. Compostable bags are the perfect plastic bag alternative. Because they're made of cellulose, there are no toxic gases being released into the air.</p>

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<h2>Snack Baggies</h2>	<p>Re-usable, BPA free, or fabric bags, glass or metal containers</p> <p>LIKE: Russbe, Reuseit, Itzy Ritzy, LunchSkins</p>	<p>Single-use plastic bags create an enormous amount of waste. Using reusable snack bags will not only save on waste but also money in the long run.</p>
<h2>Spray Air Fresheners</h2>	<p>Natural and organic insense, oils, candles</p> <p>LIKE: Essential Oils, Shine Candles, Claro Candles, Scents of India, Scentsy</p>	<p>Up to 3000 synthetic chemical ingredients are used by the air freshener industry - which you spray all over your house to "freshen" it.</p>
<h2>Shampoo/Conditioner</h2>	<p>Organic or homemade</p> <p>LIKE: Druide, Aveda, Toms of Maine, Kiss My Face, Acure, Lush</p>	<p>Many companies use harmful ingredients in shampoo and other products we use all the time. This is perfectly legal because of a seriously outdated cosmetics law (from 1938).</p>
<h2>Handsoap</h2>	<p>Organic or homemade</p> <p>LIKE: Dr. Brohners, Mrs Meyers, Tweezerman, Method, Nature's Gate, Druide, Hugo Naturals, Jason</p>	<p>With loads of harmful chemicals found in many handsoaps, it can actually counteract washing your hands to keep from becoming ill.</p>
<h2>Toothpaste</h2>	<p>Flouride-free, organic, homemade</p> <p>LIKE: Jason, Nature's Gate, Kiss my Face, Desert Essence, Tom's of Maine</p>	<p>While flouride is a hotly-debated topic in some circles, cumulatively it can poisonous and harmful for the environment. Did you know there are tons of other artificial chemicals and unnecessary things in toothpaste?</p>

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<h2>Feminine Napkins or Tampons</h2>	<p>Reusable silicone cups, organic napkins/tampons</p> <p>LIKE: Diva Cup, Seventh Generation, Keeper, Organic Essentials, Thinx</p>	<p>Disposable feminine hygiene products aren't as regulated as they should be and contain many harmful chemicals that get absorbed into the body when used. They also contribute to unnecessary waste.</p>
<h2>Makeup/ Lotion</h2>	<p>Organic, not tested on animals, paraben free</p> <p>LIKE: Aveda, Aubrey, Body Shop, EO, Kiss My Face, Au Naturele, Beauty without Cruelty, Thistle Farms, Lush, Mineral Fusion, Olive Naturally</p>	<p>Did you know that the average woman uses a dozen products (containing an average of 160 chemicals) every day - often all before breakfast? Not only are these chemicals hazardous and harmful to your skin and body, but they also take a toll on your carbon footprint and contribute to global warming, too.</p>
<h2>Hairspray</h2>	<p>Organic gels, mousse, non-aerosols that are not tested on animals</p> <p>LIKE: Lush, Aubrey Organics, Alterna, Aveda, Beauty without Cruelty</p>	<p>Hairspray itself isn't always bad, but while the aerosols are no longer allowed to have CFCs, they still contain hydrocarbons and/or compressed gases notorious for their contribution to global warming and asthma inducing smog.</p>
<h2>Plastic Water Bottles</h2>	<p>Reusable, BPA free water bottles (preferably metal or glass)</p> <p>LIKE: Kleen Kanteen, Nalgene, Rive, Polar Bottle, Bamboo Bottle, Platypus</p>	<p>The U.S. alone consumes 30 billion disposable water bottles each year, using millions of barrels of oil in production and distribution. Then 80% of water bottles end up in landfills which release toxic chemicals in decomposition.</p>
<h2>Shopping Bags</h2>	<p>Reusable and washable shopping bags</p> <p>LIKE: Baggu, ChicoBag, GO! Sac, reuseit, Mighty Green Solutions</p>	<p>A plastic shopping bag can take anywhere from 15 to 1000 years to decompose. In a compressed landfill, deprived of atmosphere to help them biodegrade, paper bags don't fare much better.</p>





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