



*Protecting our land, air and water
to preserve our way of life in harmony with all species.*

Our Earth, Our Home ... Let's Protect It by Changing Simple Habits "Clean Up Your Cleaning Products!" in August

At Environmental Protection & Natural Resources, EPNR, we are making Earth Day last all year long. To celebrate, we have added an eagle soaring over Red Mountain. The eagle symbolizes that we share a fragile and vulnerable habitat with the Desert Nesting Bald Eagle, an environment that is constantly being impacted.

Because protecting the environment is everyone's responsibility, we've launched a Clean & Green Campaign to celebrate Earth Year. Every month, in this column, we are showing you how you can change one habit that can make a real and positive difference for our land, our air and our water. At the end of the 12 months, you will have adopted 12 new habits to help protect your home and the environment.

During the month of August, we urge you to **Clean Up Your Cleaning Products** by following these simple steps:

Make it a habit this month and each month to clean everything in your house with non-toxic chemicals.

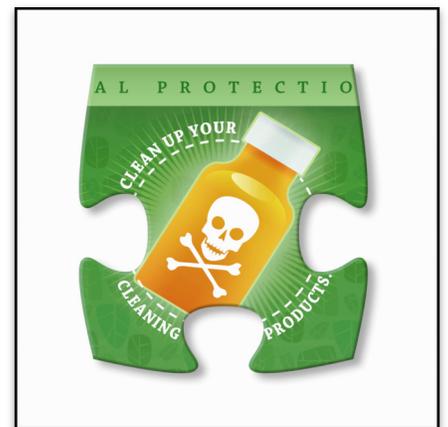
- **Prepare a non-toxic cleaner**, use water mixed with either baking soda or white vinegar or lemon or borax (sodium borate) -- and save money. For an all-purpose cleaner mix ½ cup white vinegar and ¼ cup baking soda (or 2 teaspoons borax) into ½ gallon of water. To find additional green cleaning recipes visit: www.SaltRiverEnvironmental.org
- **Replace toxic household cleaners** by purchasing green cleaning products like Seventh Generation or the Clorox GreenWorks which are plant and mineral based ingredients.
- **Green your towels** - Use cloth instead of paper towels, if you prefer paper towels for certain cleaning tasks make sure they are made from post-consumer recycled fibers and free of chlorine bleach. If every household in the United States replaced just one roll of virgin paper towels with 100% recycled ones, we'd save 544,000 trees! (Source: Sierra Club green home <http://www.sierraclubgreenhome.com/go-green/cleaning/green-household-cleaning/>)

Why is it important to Clean Up Your Cleaning Products?

FACT: The average household contains at least a dozen different toxic cleaning products including cleaners for sinks, drains, windows, ovens and floors. (Source: Debra Lynn Dadd, [Home Safe Home Penguin 2004](#))

FACT: There are about 15,000 different chemical compounds sold in the U.S. each year, according to the EPA, but not all have been tested for human safety. Some conventional household cleaning products contain known and suspected carcinogens and many can induce asthma and other respiratory illnesses. (Source: Meaghan O'Neill, "84 Ways You Can Help the Planet," and *The Boston Globe* 18 Nov 2007.)

FACT: Most conventional dish and laundry detergents are made from petroleum, a non-renewable resource. Fragrances in detergents and fabric softeners contain chemicals that have been linked to cancer. (Source: "Good Clean Fun", Grist, Environmental News & Commentary)



For more information please visit the websites listed below:

<http://www.epa.gov/epp/pubs/cleaning.htm>

<http://www.epa.gov/epp/pubs/greenguides.htm>

<http://planetgreen.discovery.com/go-green/green-cleaning/green-cleaning-top-tips.html>

<http://www.care2.com/greenliving/make-your-own-non-toxic-cleaning-kit.html>

<http://www.sierraclubgreenhome.com/go-green/cleaning/green-household-cleaning/>

To know more about the Clean & Green Campaign or to be part of the Healthy Habits Team, contact the EPNR Hotline at 480-362-7500 or by email EPNR@SRPMIC-nsn.gov