

Toxic chemicals in our products

We are involuntarily exposed to toxic chemicals in many consumer products, including toys, plastics, cosmetics and more. Many of these chemicals accumulate in our bodies and pose a significant threat to those most vulnerable among us: our children.

Science links exposure to these chemicals, even at low doses, to adverse health effects like cancer, hormone disruption, developmental and neurological damage. Currently, the majority of consumer products aren't evaluated for safety, resulting in our involuntary exposure to chemicals that pose a threat to our health and our environment.

The priority chemicals list

The Minnesota Toxic Free Kids Act of 2009 has started the process of addressing toxic chemicals in children's products. The Act requires the Minnesota Department of Health to identify toxic, priority chemicals in children's products or in products that children could be exposed to. While this is a great first step, we can't stop there. We need policies to ensure all products are safe.

What you can do

Use the tips in this brochure to start making safer product choices for your family today! To really keep kids safe, though, we need policy change, because you shouldn't have to do a research project everytime you go to the store.

Contact Healthy Legacy at 612-870-3407 to get involved in changing policy to make products safe before they hit the shelf!



To leave a healthy legacy,
Minnesota needs safe
products, made safely.

You have power as a consumer and can help create market demand for safe products and safe food.

Become a Healthy Legacy partner. Your organization can join our diverse coalition that is leading the way to a toxic-free Minnesota.

Check out our website, healthylegacy.org, for updated information on our policies and programs.

Contact us

info@healthylegacy.org
(612) 870-3407



Quick Tips to
Protect
Your Health
at Home

Provide **safe baby** products

- Provide toys made from wood or cloth.
- Use glass or BPA-free bottles and sippy cups.

AVOID: Products made from PVC/vinyl ("V" or #3 plastic).

Use plastic with **prudence**

- Use glass or ceramic in the microwave.
- For storing and serving food and beverages, use glass, ceramic or #1, 2, 4 or 5 plastic.

AVOID: Plastic bottled water and #3, 6 and 7 (PC) plastics.

Clean **without chemicals**

- Make your own cleaning products using the recipes at healthylegacy.org!
- Purchase Ecologo or GreenSeal certified products.

AVOID: Tracking dirt and pollutants into your house by leaving your shoes at the door.

Find **safe** personal care products

- See how your shampoo and other products rank at cosmeticsdatabase.com.
- Use products that do not have "fragrance" listed in the ingredients.
- Reduce the number of products you use.

AVOID: Antibacterial soaps, play makeup, powders and talcs.

Find the **healthiest** foods

- Drink rBGH-free milk.
- Select local and organic when possible.
- Follow guidelines for healthy fish consumption. See www.health.state.mn.us/divs/eh/fish.
- Eat "chunk light" tuna rather than "albacore."

AVOID: Frequent servings of prepackaged foods.

Use **safe** cookware

- Cook with stainless steel or cast iron pans.

AVOID: Nonstick pans coated with Teflon or other chemical coatings. Discard pans that are scratched and worn. Never heat when empty or use under a broiler.

Control pests **without poison**

- Clean up food and beverage spills immediately.
- Keep food and garbage in closed containers.
- Repair torn screens.
- Use mechanical traps or low-toxicity products as a last resort (placed away from kids).

AVOID: Bug sprays containing DEET and chemical pesticides.

Look for **lead**

- Children aged 12 months to age six should be tested for lead.
- If you have lead paint in your home, take steps to prevent exposure. See www.cdc.gov/nceh/lead/tips.htm.
- Discard older, inexpensive children's jewelry which can contain lead or cadmium.
- Replace older vinyl mini-blinds that can contain lead with non-vinyl alternatives.



Get more information, tips and recipes on our website

healthylegacy.org