

## NORTH CASTLE CONSERVATION BOARD NOTES ON TOXIC FREE LIVING

No one wants to live in a toxic home. You can be an important player in conservation. Because, as a consumer, you have many tools available in your choice of products and actions. The Earth is your home; protect it.

According to the World Wildlife Fund, an estimated 1,000 new chemicals enter the market every year, in addition to the thousands already in commercial use. Your choices can make a difference in reducing toxicity for you, your family and the Earth.

### *What You Can Do:*

- 1- Buy organic products whenever you can
- 2- Use nontoxic alternatives on your lawn and garden; this also protects your drinking water.
- 3- Reduce the use of chlorine bleach, as it does not dissipate and is highly harmful. Use vinegar, lemon juice and borax which are friendly to the environment.
- 4- Avoid perfumed or scented products. These are harmful to the septic systems.
- 5- Reduce the use of plastic containers and wrappers. Use glass as much as possible.
- 6- Do not microwave in plastic, as chemicals are released. Use glass.
- 7- Discard plastic drinking bottles after a few uses, as they leach chemicals into water or juice or soda after a few washings.

You can visit various sites to learn more about being green. Try:

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

[www.worldwildlife.org/consumer](http://www.worldwildlife.org/consumer)