

To use your pocket guide:
 1. Cut along outer black line
 2. Fold on dotted lines
 3. Share the 2nd one with a friend!

- Step 4: Eat Healthy**
- Choose organic as much as possible (produce, meat, poultry, and dairy are most important).
 - Choose whole, fresh or frozen foods (not canned) and make more from scratch.
 - Avoid foods high in sugars, fats, sodium, synthetic preservatives and artificial colorings and flavorings.
 - Eat less meat and more plant-based proteins like nuts, seeds, and olive oil.
 - Choose fish low in mercury and PCBs.

- Step 3: Clean Up Indoor Air**
- Open windows. Even a few minutes every day improves indoor air quality.
- Grow plants, which absorb air contaminants. Areca palm, lady palm, bamboo palm, Peace Lily, rubber plant, and Boston fern are great examples.
- Use air purifiers with approved HEPA filters.
- Change the air filter in your air conditioning and heating units at least once a year.

- Step 2: Use Non-Toxic Products**
- Clean with products that don't contain harsh chemicals or fumes. Or make your own. Use a vacuum with a HEPA filter and wet mop regularly.
 - Buy body care products that do **not** contain parabens, sodium lauryl and laureth sulfates, synthetic fragrances, formaldehyde, and other harmful chemicals.
 - Look for furnishings made from natural materials and products that are low-VOC.

- Step 1: Manage Pests Safely**
- Use non-toxic or least toxic pest remedies like using soapy water to kill ants or boiling water to kill weeds.
- Prevent pests through good sanitation and food storage habits, and by preventing their entry structurally (by mending torn screen and caulking cracks).
- Remove shoes before entering your house and wash hands after playing outdoors.

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- Step 5: Be Wise with Plastics**
- Use alternatives to plastic as much as possible (glass, stainless steel, wood, cloth, etc.)
 - Opt for plastics numbered 1, 2, 4, or 5 and avoid numbers 3, 6, and 7.
 - Avoid microwaving plastic or using it with hot foods or beverages.
 - Hand wash plastics.
 - Dispose of scratched or damaged plastics.

- Resources**
- www.HealthyChild.org
 - www.BeyondPesticides.org
 - www.cosmeticsdatabase.com
 - www.foodnews.org
 - www.ewg.org/safefishlist



**5 Easy Steps
Pocket Guide**



Healthy Child Healthy World: The non-profit leader inspiring parents to protect young children from harmful chemicals.
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