



# SAFER CLEANING PRODUCTS

• We all need to keep our homes clean and free of germs that could make us sick! However, cleaning products may contain chemicals that are harmful to our health.



• Chemicals in cleaning products can get into your body if you breathe them in, get them on your skin, or accidentally ingest them. Manufacturers do not need to list all of the ingredients in cleaning products on the label, so it's hard to know whether or not they contain harmful chemicals.

• **Did you know?** Manufacturers can label their products "natural," "non-toxic," and "organic", even when they aren't! Products with these labels may still contain harmful chemicals! We call this "greenwashing".

• Use cleaning products marked with the Green Seal, Eco Logo, or EPA Safer Choice label to reduce your exposure to harmful chemicals.



## WEEKLY GOAL

- Understand how you may be exposed to harmful chemicals in cleaners.  
Reduce your exposure to these chemicals by choosing safer products!

## ACTIVITY

**Let's get cleaning!** You can make your own all-purpose cleaner with safe ingredients. You will need:

- 1 cup warm water
- 3 drops unscented liquid soap
- ½ cup white vinegar
- Optional: fresh lemon juice



Mix together in empty spray bottles and use!

Join me next week for my final challenge!

