

How Safe Is Your Haven?

CHEMICAL-FREE ZONE CHECKLIST

Use this checklist to help rid your home of common toxic chemicals and learn about safer alternatives.



KITCHEN

- Do you use plastic food containers?**
Glass is best for storing foods and beverages, especially for baby. Another alternative is BPA-free plastic. Never use plastic in the microwave; always use glass or ceramic to reheat.
- Do you filter your tap water?**
Check your local municipality's water quality report and consider using a filter for your water. Options range from simple and inexpensive carafe filters to under-the-counter units to provide purified water from the tap.
- Do you drink bottled water?**
Approximately 1,500 bottles end up in landfills and the ocean—every second. Reducing your use of plastic bottles can help! Use an aluminum bottle or glass. Add fresh fruit or mint for a refreshing drink, without a plastic taste.
- What's under your kitchen sink?**
Typical household cleaning products (all-purpose cleaner, window cleaner, dishwasher detergent, dish-washing liquid, scouring paste) may contain toxic and harmful chemicals. Ditch them and replace with water, a Norwex Enviro Cloth and a Norwex Window Cloth for all your chemical-free cleaning needs!
- Do you cook with nonstick cookware?**
Nonstick cookware may contain chemicals such as PFOAs and PTFEs. Both of these kinds of chemicals are used for stick and stain resistance, but they come at a price to your health. Choose cast-iron, stainless steel or glass/ceramic pans.
- Got cans in your pantry?**
Most canned foods (including liquid baby formula) use a liner that contains BPA, a toxic chemical that can leach into the food. Use fresh or frozen whenever possible—no BPA, plus more nutrients!

BATHROOM

- Do you use air fresheners?**
Don't. They may contain toxic chemicals like phthalates at very high levels. Use plants to filter your air, ventilate by opening a window, or use essential oils for natural fragrance. Enzyme-based Norwex Odour Eliminator is also a great way to freshen the air, naturally.
- Do you use liquid hand soap?**
Check for ingredients like sodium lauryl sulfate, sodium laureth sulfate, and triclosan, which the AMA recommends not using. There are far less-toxic alternatives, including Norwex Peppermint Foaming Hand Wash.
- Do you have a shower curtain?**
Chances are very good that it contains PVC, a chemical used to make plastic more flexible. This chemical has been linked to a host of health problems, including respiratory irritation, nausea and central nervous system damage. Use a greener alternative, like ethylene vinyl acetate, which can be found online.
- What's in your personal care products?**
Check the ingredient listings for these big no-nos: parabens, phthalates, sulfates, triclosan, synthetic fragrances, synthetic dyes. Babies and children are especially sensitive to these ingredients. Switch to greener formulas, especially for those products you use every day, like shower gel, body lotion, hand cream, etc. Norwex has a full line of safe, effective, moisturizing skin care products to help you transition away from chemicals.
- What's under your bathroom sink?**
If you have a toilet bowl cleaner, descaling product or all-purpose cleaner, chances are good they contain toxic chemicals. Norwex offers products with ingredients that work and won't harm you or the environment, including Blue Diamond All-in-One Bathroom Cleaner, Descaler, Bathroom Scrub Mitt, Ergonomic Toilet Brush and Holder, as well as our Enviro Cloths to make cleaning easier, faster and healthier.





OUR NORWEX MISSION

*To improve quality of life
by radically reducing the use of chemicals
in personal care and cleaning.*

BEDROOM

○ **What's in your pajamas, mattress and pillows?**

Not what you'd expect... Flame retardants have been shown to cause damage to reproductive systems and deficits in motor skills, hearing, learning, memory and behavior. Unfortunately, they are pervasive throughout most homes today.

Kids are most susceptible to flame-retardant chemicals; their bodies have been shown to contain three times as much of them in their blood as their mothers.

To avoid them, make sure to dust and vacuum regularly. Flame retardants attach to dust particles wherever they fall. Consider using snug-fitting, natural material for your children's pajamas—loose-fitting pajamas may contain flame retardants. Look for products that are PDBE-free.

○ **Clear the air!**

You spend an average of 8 hours a day in your bedroom; children spend closer to 12 hours. Consider adding an air purifier to your bedrooms to help ensure a restful, chemical-free sleep.

LAUNDRY

○ **What's in your laundry detergent?**

Most detergents contain a lot of unnecessary fillers and fragrance. Look for biodegradable detergents that are free of fragrance and fillers, like the Norwex Ultra Power Plus detergent.

○ **Are you using dryer sheets?**

Dryer sheets may contain some of the highest levels of phthalates of any product in your home—chemicals you and your family don't need to wear! Plus, after just one use they get thrown away to fill up the landfill. A better alternative is dryer balls. Norwex Fluff and Tumble Dryer Balls soften fabric, reduce static and cut drying time by up to 25%, plus you can add essential oils to them to fragrance your laundry naturally!

AROUND THE HOUSE

○ **How often do you dust?**

Dust is more than a nuisance; it can be a health hazard. Dust attaches to the chemical particles found in your home. Take dusting to the next level by using the Norwex Dusting Mitt to safely and effectively lift dust off all surfaces. The Norwex Mop safely and quickly removes dust and dirt from the floor, where babies and toddlers spend a lot of time.

○ **Do you use pesticides?**

Pesticides contain chemicals designed to kill pests—and they are not so good for humans either. If possible, avoid using them and seek out more natural alternatives. Your local home and garden store can recommend alternatives.

○ **Using fragranced candles?**

Fragranced candles often contain phthalates, which can disrupt hormones, particularly in children. Choose fresh air, opening windows as often as possible. This will also help eliminate indoor air pollution. Use essential oils or Norwex Odour Eliminator to freshen air naturally.