

PROTECT YOURSELF & YOUR FAMILY



1. BUY or GROW THESE FRUITS AND VEGETABLES ORGANIC WHENEVER POSSIBLE

(They are typically the most contaminated with pesticides by agribusinesses)

Strawberries, Bell Peppers, Spinach (tied with peppers), Cherries, Peaches, Nectarines, Cantaloupe, Celery, Apples, Apricots, Green beans, Grapes, Cucumbers, Pears, Potatoes, Red Raspberries.

WHAT IS ORGANIC ??

FOOD GROWN, PROCESSED AND/OR PACKAGED WITHOUT THE USE OF SYNTHETIC INGREDIENTS, AGRICULTURAL CHEMICALS, ARTIFICIAL COLORS OR PRESERVATIVES, GENETIC MODIFICATION, AND/OR IRRADIATION

BRING THIS EDUCATIONAL BAG TO YOUR NEXT GROCERY SHOPPING!

This bag was created to support you in the prevention of cancer and other diseases with tips on how to promote healthy environments for yourself and your family. Use and abuse it!

"...prevention is the imperative need."
Rachel Carson



2. AVOID THESE "DIRTY DOZEN+" IN YOUR PERSONAL CARE PRODUCTS

In Europe, the following carcinogenic substances have been removed from products such as shampoos, soaps, conditioners, body lotions, etc. but not in the US. So, read the labels and don't buy products with these "dirties"!

Butyl Acetate, Butylated Hydroxytoluene, Coal Tar, Cocamide DEA/Lauramide DEA, Diazolidinyl Urea, Ethyl Acetate, Formaldehyde, Parabens (methyl, ethyl, propyl and butyl), Petrolatum Phthalates, Propylene Glycol, Sodium Laureth/Sodium Laurel Sulfate, Talc, Toluene, Triclosan, and Triethanolamine.



3. MAKE YOUR OWN NON-TOXIC CLEANERS

They cost less and are safer. Basic items you'll need:

baking soda · vinegar · soap (Murphy's Oil Soap or Castille) · salt · spray bottle



4. BUY PRODUCTS IN GLASS OR ALUMINIUM

Plastic is NOT so fantastic because it has bad, bad, bad hormone-disrupting chemicals!
Do like your grandma and NEVER microwave food in plastic.



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