



Green Cleaning & Healthy Homes

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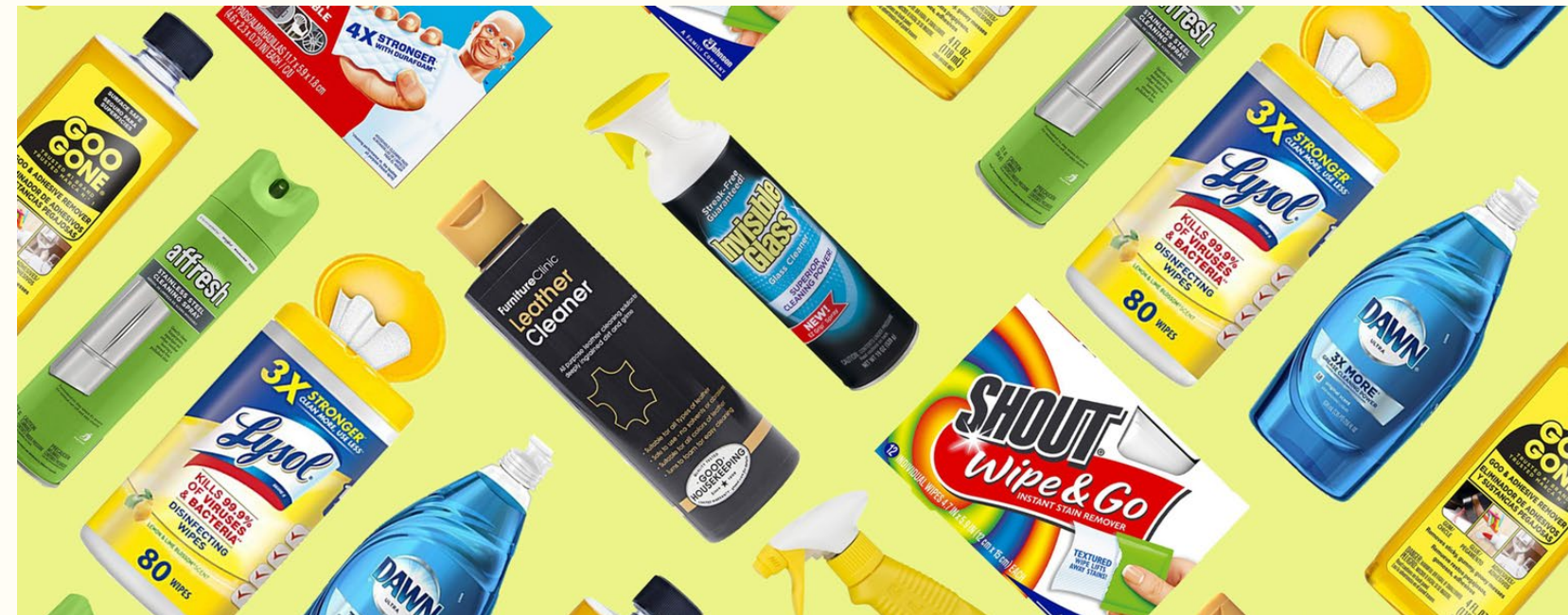
Overview

- Cleaning Product Check
- Cleaner Pros vs. Cons
- Health Impacts
- Environmental Impacts
- Disposal
- Safer Alternatives
- DIY Cleaners
- Contacts



True or False?

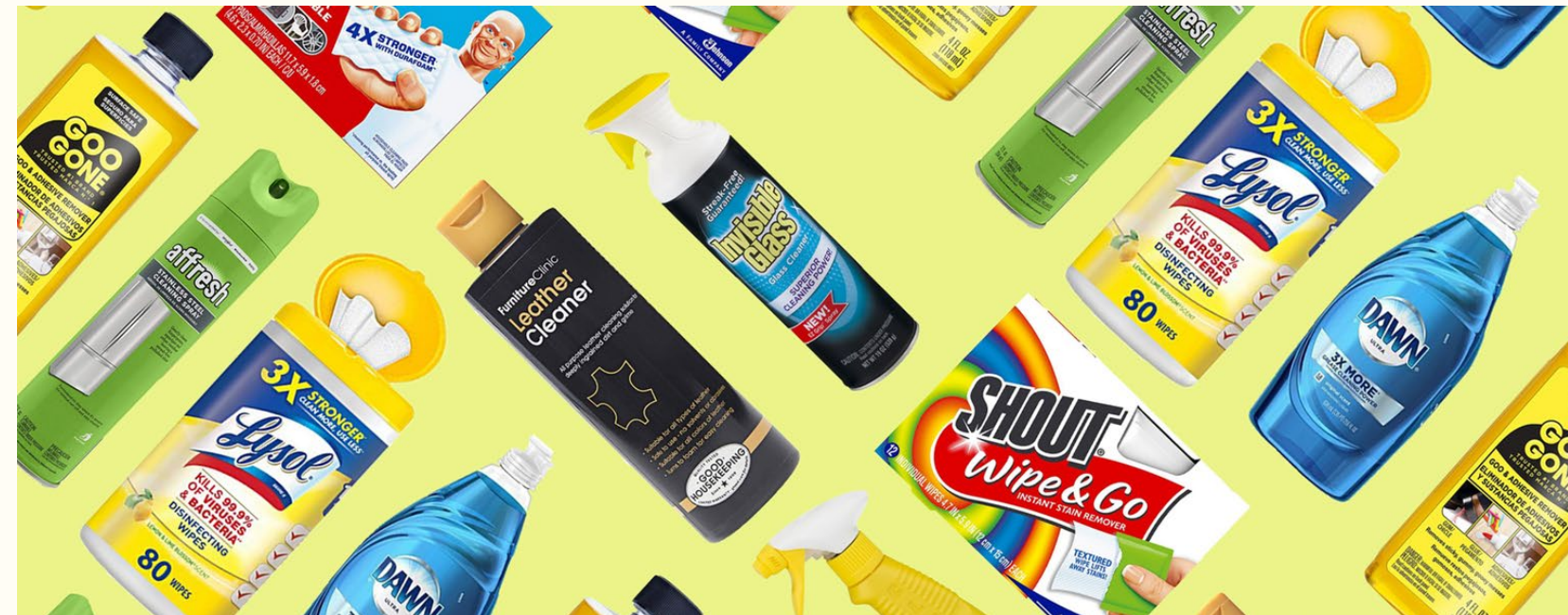
Contact with traditional cleaning products, even infrequently, can cause negative health effects.



True or False?

Contact with traditional cleaning products, even infrequently, can cause negative health effects.

TRUE



True or False?

The price of a cleaning product reflects the quality and safety of the product.



True or False?

The price of a cleaning product reflects the quality and safety of the product.

FALSE



True or False?

It's required by law to list all of the ingredients in a cleaning product on the container.



True or False?

It's required by law to list all of the ingredients in a cleaning product on the container.

FALSE



What's in your cabinet?



What's in your cabinet?

- 20-30 products per household



What's in your cabinet?

- 20-30 products per household
- 4 gallons of household cleaners used by one household each year



What's in Cleaning Products?

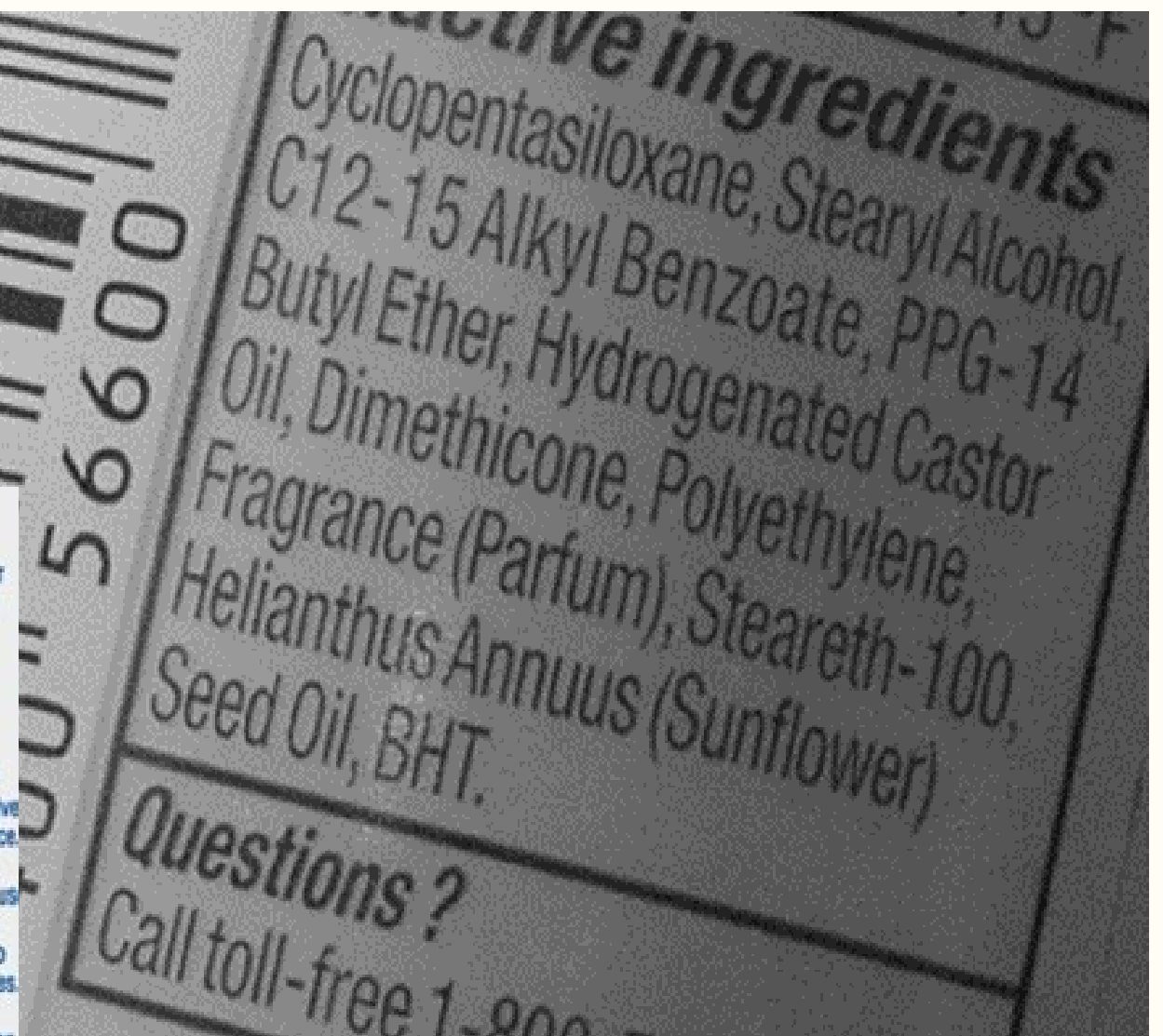
- Ingredients are not well tested or regulated
- Many ingredients used are toxic

Signal Words:

- Warning
- Danger



PRECAUTIONARY STATEMENTS: HAZARDS TO HUMANS AND DOMESTIC ANIMALS.
DANGER: CORROSIVE. Causes irreversible eye damage. Causes skin irritation. Prolonged or frequently repeated skin contact may cause allergic reactions in some individuals. Do not get in eyes, on skin or on clothing. For prolonged use, wear gloves. Wash thoroughly with soap and water after handling and before eating, drinking, chewing gum, using tobacco or using the toilet. Remove and wash contaminated clothing before reuse. Use only in well-ventilated areas. **FIRST AID: IF IN EYES:** Hold eye open and rinse slowly and gently with water for 15-20 minutes. Remove contact lenses, if present, after the first 5 minutes, then continue rinsing eye. **IF ON SKIN OR CLOTHING:** Take off contaminated clothing. Rinse skin immediately with plenty of water for 15-20 minutes. **IF SWALLOWED:** Call a poison control center or doctor immediately for treatment advice. Have person sip a glass of water if able to swallow. Do not induce vomiting unless told to do so by the poison control center or doctor. Do not give anything by mouth to an unconscious person. **IN ALL CASES,** call a poison control center or doctor for treatment advice. Have the product container or label with you when calling a poison control center or doctor, or going for treatment. Clorox Information Line: 1-800-227-1860. **NOTE TO PHYSICIAN:** Probable mucosal damage may contraindicate the use of gastric lavage. **PHYSICAL AND CHEMICAL HAZARDS:** This product contains bleach. Do not use or mix with other household chemicals such as other toilet bowl cleaners, rust removers, acids or products containing ammonia. To do so will release hazardous, irritating gases. Avoid contact with clothes, fabric, carpet, wood, painted and paper surfaces.
STORAGE AND DISPOSAL: Store in a location inaccessible to children. Tightly close cap before



Active ingredients
Cyclopentasiloxane, Stearyl Alcohol,
C12-15 Alkyl Benzoate, PPG-14
Butyl Ether, Hydrogenated Castor
Oil, Dimethicone, Polyethylene,
Fragrance (Parfum), Steareth-100,
Helianthus Annuus (Sunflower)
Seed Oil, BHT.

Questions?
Call toll-free 1-800-

Health Impacts

Contact

- Spill or contact with skin
 - Red blotches on affected skin area
 - Itching and burning
 - Pain/sensitivity
 - Sickness or vomiting
- Ingestion

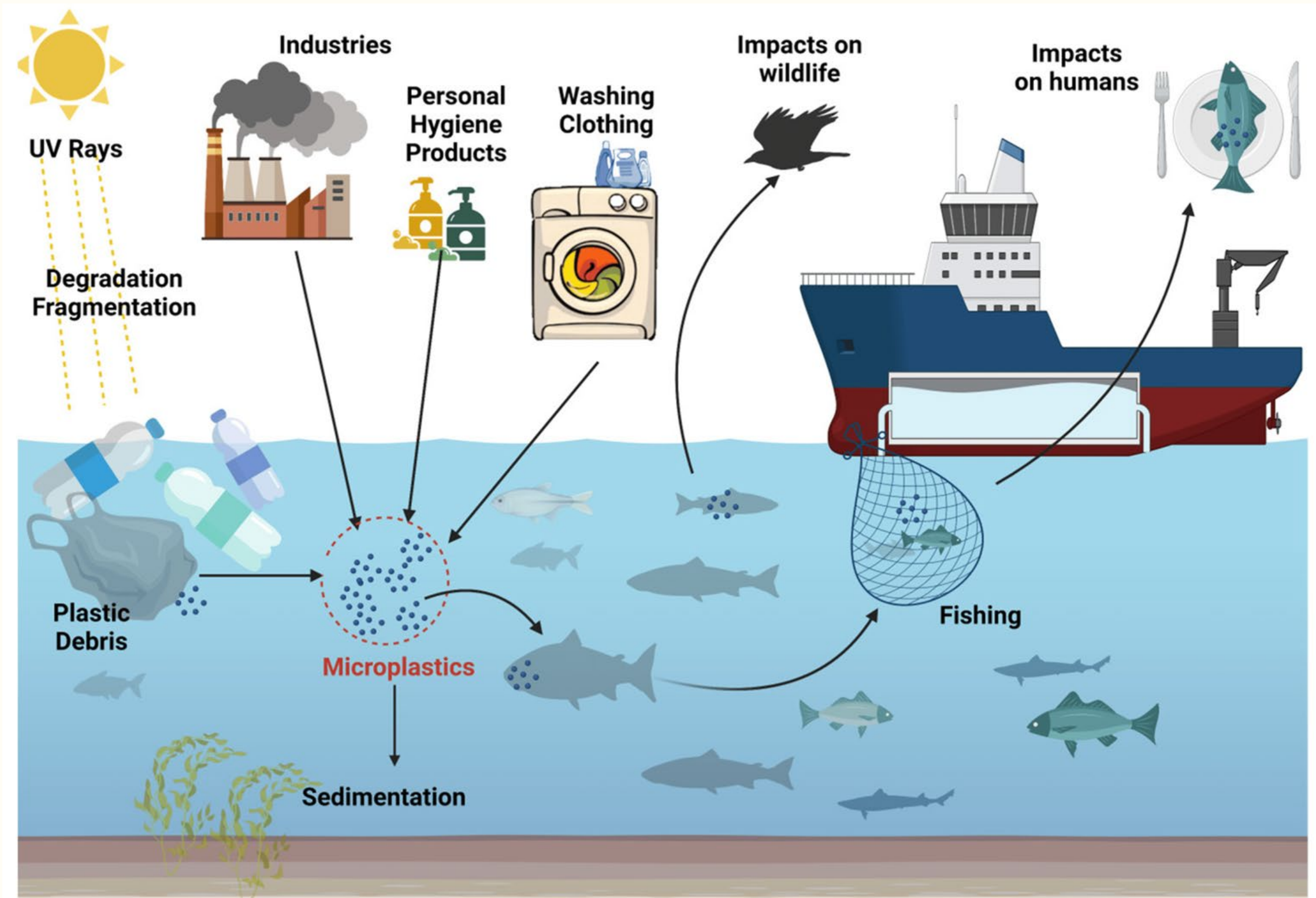
Smell

- Chemical fragrances
- Chemical odor
 - Asthma or coughing
 - Headache

Inhalation

- Chemical fragrances
- Off-gassing of mixing cleaners or using bleach
 - Asthma or coughing
 - Headache
 - Sickness and irritation

Environmental Impacts



What are “Green Cleaners”?

“Green Cleaners” are cleaning products that keep health and safety of people and the planet in mind

DIY Green Cleaners often contain common ingredients (baking soda, vinegar, isopropyl alcohol)



Type of Cleaner	Pros	Cons
Green Cleaners (DIY)	<ul style="list-style-type: none"> • Safer for air and water • You make the product (custom size/quantity, custom scent) • Usually less expensive 	<ul style="list-style-type: none"> • Time and effort needed
Green Cleaners (Commercial)	<ul style="list-style-type: none"> • Safer for air and water • Have 3rd party certification for environmental practices 	<ul style="list-style-type: none"> • Perception of being expensive • Subject to “greenwashing”
Conventional Cleaners (Commercial)	<ul style="list-style-type: none"> • We are used to using them • Relatively inexpensive 	<ul style="list-style-type: none"> • Negative health effects • Not all ingredients are tested/listed • Can be harmful to the environment

Greenwashing

Greenwashing is the act or practice of making a product, policy, activity, etc. appear to be more environmentally friendly or less environmentally damaging than it really is

Usually unsupported and deceptive claims that utilize vague buzz words and imagery





Clorox Compostable Cleaning Wipes, Simply Lemon

Ingredient scores

INGREDIENT DISCLOSURE: **GOOD**

Ingredients are scored based on their formulation and concentration in this product. Click on an ingredient for more information.



FRAGRANCE

[VIEW INGREDIENT](#)



DIMETHICONE

[VIEW INGREDIENT](#)



METHYLISOTHIAZOLINONE

[VIEW INGREDIENT](#)



OCTYLISOTHIAZOLINONE

[VIEW INGREDIENT](#)



Best



EWG
VERIFIED®



Worst



Introducing the First-Ever
**100% Recycled
Ocean Plastic Bottle**
in a Major Home Cleaning Brand

WINDEX® VINEGAR
BOTTLE NOW MADE FROM

100% ocean plastic*

our small step to help seas *sparkle*

*Bottles collected within 30 miles of an ocean or waterways leading to the sea in countries that lack effective, formal, community-based waste collection.

Windex®

STREAK-FREE SHINE!
VINEGAR

Certifications



epa.gov/saferchoice



epa.gov/dfe

Safer Choices and
Design for the
Environment
From the EPA



Green Seal



UL ECOLOGO

UL (Underwriter's Laboratory)

DIY Cleaning Kit Basics

Baking Soda

- Abrasive
- Deodorizer
- Whitener
- Good for toilets, ovens, sinks



DIY Cleaning Kit Basics

Baking Soda

- Abrasive
- Deodorizer
- Whitener

Vinegar

- Stain Remover
- Grease Dissolver
- Drain Clearer (used in combo with BS)
- Clothing Softener



DIY Cleaning Kit Basics

Castile Soap

- Cleans surfaces, floors, cars, pets, produce, laundry, dishes, and body
- Streakfree
- Good alternative to standard cleaners



DIY Cleaning Kit Basics

Castile Soap

- Cleans surfaces, floors, cars, pets, produce, laundry, dishes, and body
- Streak-free
- Good alternative to standard cleaners

Hydrogen Peroxide and Oxygen Bleach

- Natural bleach
- Brightens whites
- Disinfects



Tips

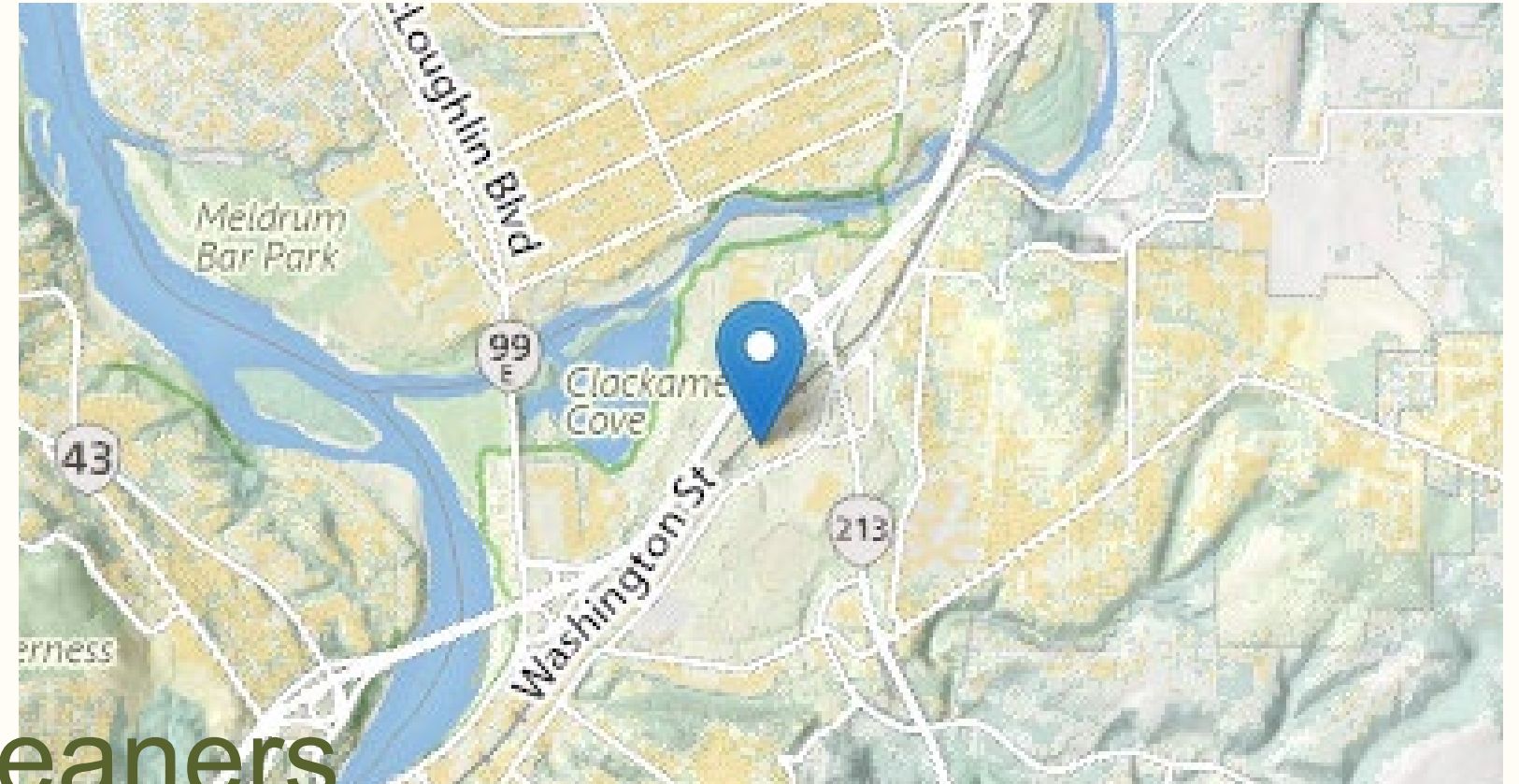
1. Start Small
2. Clean Often
3. Buy in Bulk
4. Refer to resources and recipe booklets
5. Mark containers with ingredients and/or intended purpose

How to minimize hazardous waste in your home

1. Use safer alternatives (homemade or store bought)
2. Read labels before purchasing. Watch out for “caution”, “warning”, and “danger”. Follow label directions
3. Buy only what you need and use it up
4. If you have products left over, give them to friends, neighbors, or local organizations
5. Take unwanted products to a hazardous waste collection site or event

Hazardous Waste Disposal

- Use the product until it's gone
- Take old or unwanted household cleaners to a Hazardous Waste Facility such as Metro South
- Visit Metro's website (oregonmetro.gov/recycle) or call 5032343000 for additional locations



Do not dump cleaning products down the drain
Do not throw away cleaners in the garbage


A Different Framework



Do I need it?



Can I find a
safer
alternative?



Can I make
it myself?

Local Soap & DIY Refill Stores

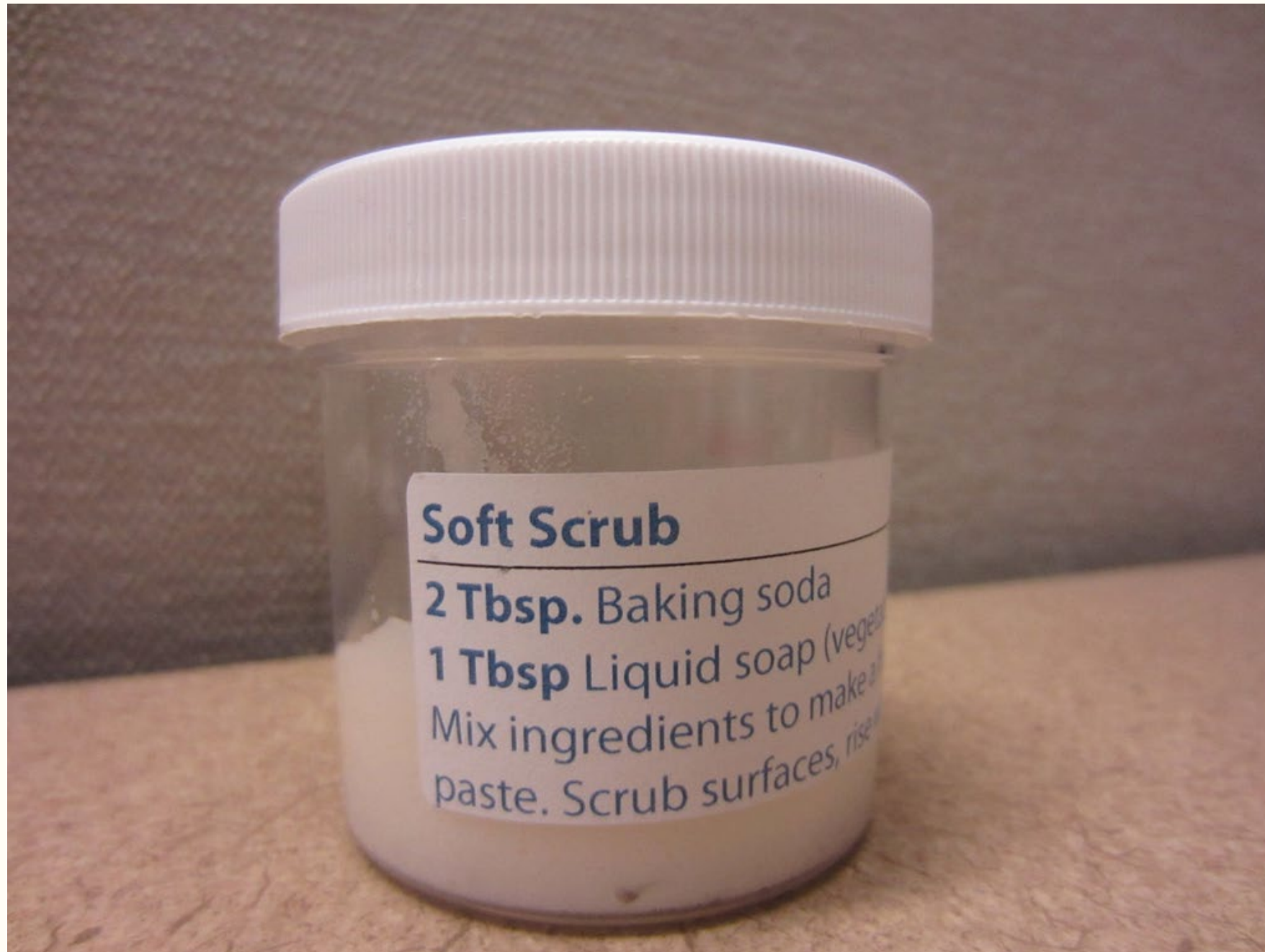
- Mama and Hapa's
 - 1389 SE Stark St., Portland
 - 11122 SE Main St., Milwaukie
- Melior Refillery
 - 16841 SW 65th Ave., Lake Oswego
- Realm Refillery
 - 2310 NE Broadway St., Portland
- New Seasons (various locations)
 - Only castile soaps for refill



Resources

- Environmental Working Group
 - Cleaning products database: <https://www.ewg.org/cleaners/>
 - Personal/skin care database: <https://www.ewg.org/skindeep/>
- Metro
 - Healthy Homes <https://www.oregonmetro.gov/tools-living/healthy-home>
- EPA
 - Identifying Greener Cleaning Products (and resources):
<https://www.epa.gov/greenerproducts/identifying-greener-cleaning->

Let's Make a Soft Scrub!



Soft Scrub:

2 Tbsp. Baking Soda
1 Tbsp. Castile Soap

Mix ingredients to make a frostinglike paste. Scrub surfaces, rinse with water.

Contact Info

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