

Creating a Healthy Home



Preventing Harm to
Growing Brains
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Kathleen Schuler, MPH
Institute for Agriculture & Trade Policy
612-870-3468, kschuler@iatp.org

Home Use of Chemicals



Pesticides



Cleaners



Cosmetics



Art supplies



Paints



<http://www.checnet.org/healthouse/>



Minnesota Office of
Environmental Assistance

www.reduce.org

Non-Toxic Cleaning Products

- Make your own cleaners, using vinegar, baking soda, soap etc. e.g. Alice's Wonder Spray
- Good resources:
 - *Clean House Clean Planet*
 - *Safe Shoppers Bible*



Dry cleaning

- Dry cleaning uses perchloroethylene, a carcinogenic chemical.
- If you dry clean your clothes:
 - Use a cleaners who offers a non-toxic wet clean option.
 - Take garment out of the plastic bag and air it out for a few days, preferably outside.
 - Open car windows, when transporting freshly cleaned clothes.

Avoid Chemicals Indoors

- Be aware of chemicals used in hobbies and art, e.g. glues, paints, solvents.
- Use low-odor, non-toxic markers
- Reduce perfume, nail polish and heavily scented personal care products.





Home Renovation

- Choose wood or linoleum flooring, instead of carpet.
- Use a vacuum cleaner with a HEPA filter.
- Reduce tracking by taking shoes off before entering the home.
- Choose natural wood, instead of pressed wood products, when possible.
- Use low VOC paints. Ventilate and paint when children or pregnant women are not around

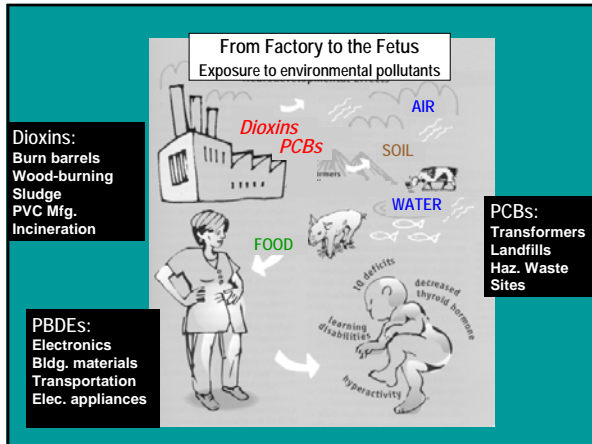
Cosmetics may contain...

- **Phthalates** - in perfume, nail polish, hairspray
- **Alkylphenols** - in hair-coloring, cosmetics
- toxic to reproductive system and linked to increased incidences of childhood asthma
- Hormone disruption

Compact for Safe Cosmetics Companies

- Over 150 cosmetics companies have signed the Compact for Safe Cosmetics, a pledge to remove hazardous chemicals from their products. For a list of companies, go to www.safe-cosmetics.org/companies/
- No action yet from: L'oreal, Revlon, Estee Lauder, Proctor & Gamble

www.safer-products.org/
<http://www.ewg.org/reports/skindeep2/index.php>



IATP Smart Guides

- Smart Fish Guide and Calculator
- Smart Produce Guide
- Smart Meat & Dairy Guide
- Smart Plastics Guide

www.iatp.org/foodandhealth

Healthy Eating

- A healthy well-balanced diet boosts your child's immune system and resistance to toxins.
- Avoid high sugar, high fat, processed and fast foods.



Produce with highest pesticide residues

FRUITS

Apples
Cherries
Grapes, Imported
Nectarines
Peaches
Pears
Red Raspberries
Strawberries



VEGETABLES

Bell Peppers
Carrots
Celery
Green beans
Hot Peppers
Potatoes
Spinach



Produce with lowest pesticide residues

FRUITS

Apple juice
Bananas
Kiwi Fruit
Mangoes
Orange juice
Papaya
Peaches, canned
Pineapples
Plums
Tangerines



VEGETABLES

Asparagus
Avocado
Broccoli
Cabbage
Cauliflower
Corn, sweet
Onions
Peas, sweet



Buy Organic If Possible



- **Buy certified organic** produce at your local supermarket, food co-op or farmer's market.
- Or, **selectively buy organic** among the types of produce that typically have the highest pesticide residues, especially foods your child eats the most.

Wash and peel



- Wash produce in a highly diluted solution of liquid dish soap
- Rinse thoroughly
- Prepare as usual: peel carrots, stem strawberries, and so on.
- One study found that the amount of produce containing pesticide residue dropped by half with washed samples and where residues remained, levels declined significantly after washing.

Organic is more sustainable



Problems with industrial farming:

- Long term use of pesticides and chemical fertilizers can deplete soil.
- Development of pest resistance requires new and stronger pesticides.
- Chemicals pollute soil and groundwater
- Poorer quality food

Buying local is better

- Local produce is fresher, better tasting
- Local foods are better for environment & public health. Industrial agriculture:
 - Uses chemical fertilizers and pesticides
 - Uses about four times more energy
 - Produces five times more pollution
- Involuntary public subsidies of industrial agric.
 - Direct price supports
 - Costs of highway infrastructure
 - Gasoline prices
 - Health and environmental costs shifted to public



Support local food systems

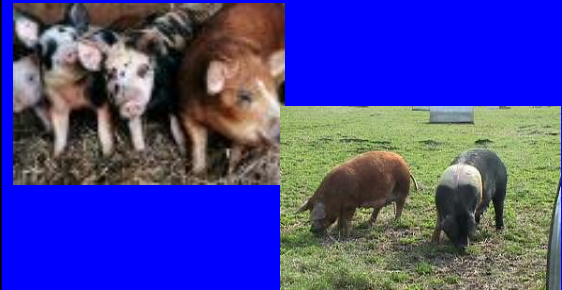


- Shop at your local farmers market.
- Grow your own organic produce in your backyard or join a community garden
- Join a community supported agriculture farm

Meat and Dairy



Factory Farming vs Free Range



Meat and Dairy

- Serve lower fat meats and dairy products.
- If possible, choose organic, antibiotic-free meats and dairy.
www.eatwellguide.org
- Purchase rBGH free dairy products.

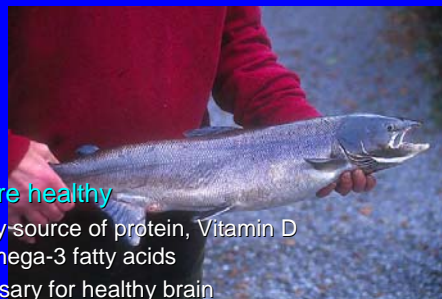


Breast milk is best

- Source of omega 3 fatty acids for healthy brain develop
- Good for baby's immune system
- Mother-child bonding
- Good for mother's health
- Positive effects on intelligence and behavior
- Although some contaminants passed on in breast milk, breastfeeding is still best for baby
- Women can reduce their body burden before becoming pregnant.



Smart Fish Choices

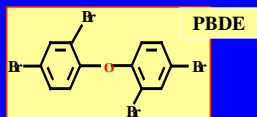


Fish are healthy

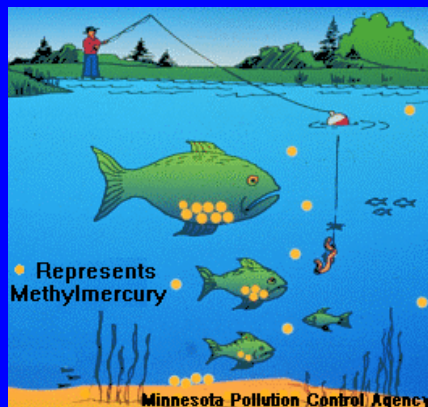
- Dietary source of protein, Vitamin D and Omega-3 fatty acids
- Necessary for healthy brain development in children

Fish Contaminants

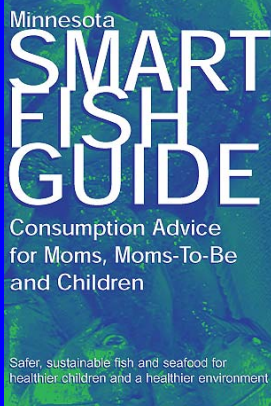
- Mercury
- PCBs (polychlorinated biphenyls)
- PBDE flame retardants (polybrominated diphenyl ethers)
- Pesticides
- Dioxins



Who is at the top of the food chain?



• Represents Methylmercury



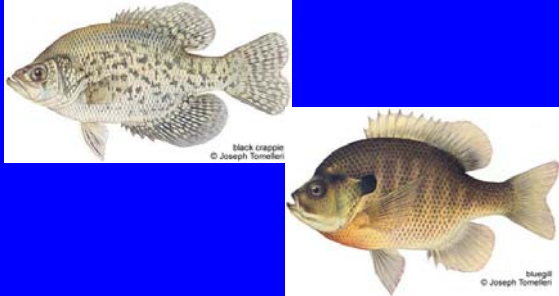
From IATP

- For women of childbearing age and children
- Combines information on sustainability and contaminants
- Handy tear-off pocket guide

Large predator fish are more contaminated



Panfish are safe to eat



Smart Fish Choices

- Follow these guidelines:
 - Eat smaller fish, panfish rather than predator fish
 - Consider total fish consumption
 - Limit intake of some fish for pregnant/nursing women and young children.



Safer seafood choices

- Salmon (Wild Pacific, Wild Alaskan, canned Alaskan)
- Cod, Flounder, Haddock, Hake
- Crab, clams, mussels, scallops
- Sardines, anchovies, herring
- Fish sticks

What about canned tuna?

- Canned "*white albacore*" has 3-4 times more mercury than "*chunk light*"
- Women of childbearing age can eat 8 oz a week of canned "*chunk light*"
- Younger children can eat about ½ can of "*chunk light*" tuna per week.
- Women of childbearing age kids under 15 should limit canned "*white albacore*" tuna to once a month



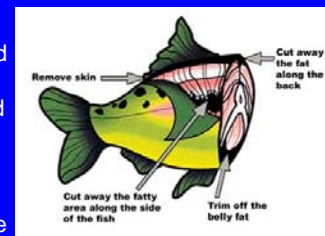
IATP's Smart Fish Calculator

- Tool to estimate "safe" consumption level per EPA guidelines
- Go to www.iatp.org/foodandhealth



Trim the fat to reduce exposure

- Dioxins, PCBs, some pesticides and PBDE flame retardants are found in the fat of fish.
- You can reduce contaminants by 50% by trimming the fat.



PLASTICS



Types of Plastics

- #1 PETE: polyethylene terephthalate (e.g. pop bottles, bottled water, juice, etc)
- #2 HDPE: high density polyethylene (opaque plastic e.g. milk jugs)
- #3 PVC: polyvinyl chloride (e.g. grocery store cling wrap, some plastic squeeze bottles)
- #4 LDPE: low density polyethylene (e.g. grocery store bags, most plastic wraps)

Types of Plastics

- #5 PP: polypropylene (e.g. deli soup containers, most Rubbermaid containers, other clouded plastic containers, including baby bottles)
- #6 PS: polystyrene (e.g. styrofoam food trays, disposable cups and bowls, opaque plastic cutlery)
- #7 Other: usually polycarbonate (e.g. most baby plastic sippies, 5-gallon water bottles, clear plastic "sippy" cups, some clear plastic cutlery, etc)

Plastics in Food Storage

*"With your food, use 4, 5, 1 & 2.
All the rest are not good for you."*

Safer choices



Avoid



Plastics in the microwave

- It's safest not to microwave food in plastic containers.
- Use glass or ceramic containers
- If you use plastic, look for plastic containers labeled "microwave safe".



Baby Bottles



- 95% of plastic baby bottles are made of polycarbonate (polymer), which can leach bisphenol A, an estrogenic chemical
- consider alternatives to polycarbonate plastic

Environmentally safe products

- Dispose of children's toys and vinyl products with lead, cadmium and phthalates.
- Replace vinyl chew toys made of soft plastic, with non-vinyl alternatives.
- If you see "V" or "3", it's PVC- don't buy it.



Mercury



- Conserve energy to reduce electricity demand
- Replace mercury thermometers with digital ones
- Purchase mercury-free thermostats, switches
- Use mercury free batteries
- Ask your dentist for non-mercury amalgams
- Ask for thimerosal-free vaccines
- Dispose of all mercury products as hazardous waste, find information for your county at www.mn.gov/state/mn.us/hhw/programs.cfm

healthy planet = healthy families



For more information, see www.iatp.org/foodlandhealth
or contact Kathleen Schuler at 612-870-3468 or kschuler@iatp.org