

Sustainable Shopper's Guide to Cleaners

SHOPPING TIPS

- 1 READ THE LABEL:** Opt for products that list ingredients (many don't). Avoid those with hazard symbols.
- 2 GO FRAGRANCE-FREE:** "Fragrance" is a mix of chemicals—some linked to cancer and neurotoxicity—that can trigger allergies, migraines, and asthma. Even "unscented" products may contain fragrance to mask chemical odors.
- 3 WASH WITH PLAIN SOAP:** Antibacterial soaps often contain triclosan (see below).
- 4 FRESHEN AIR NATURALLY:** Synthetic air fresheners mask odor with a mysterious mix of chemicals. Ventilate properly—open a window.
- 5 SIMPLIFY:** Choose the smallest number of quality products.

SOME CHEMICALS TO AVOID

 View on your mobile at bit.ly/cleaners101

ALKYLPHENOL ETHOXYLATES (APES)/NONYLPHENOL ETHOXYLATES (NPES)
Found in liquid laundry detergents, stain removers, and all-purpose cleaners. Can mimic estrogen and have reproductive effects on aquatic organisms.

**MONOETHANALOMINE (MEA)/DIETHANOLAMINE (DEA)
/TRIETHANOLAMINE (TEA)**

Found in liquid laundry detergents, and all-purpose and floor cleaners. Can react with nitrites to form cancer-causing nitrosamines. MEA is also known to induce asthma. Harmful to fish and other wildlife.

QUATERNARY AMMONIUM COMPOUNDS (QUATS)

Found in bathroom cleaners and fabric softeners. Irritate and sensitize skin, cause allergies, and trigger asthma. Don't readily degrade in the environment. Toxic to fish.

SODIUM LAURETH SULFATE (SLES) + SODIUM LAURYL SULFATE (SLS)

Found in dish soap with other ethoxylated alcohols (look for "eth" in the chemical name). Can be contaminated with 1,4-dioxane, which may cause cancer, and is persistent in the environment.

TRICLOSAN

Found in "antibacterial" products (e.g. soaps and disinfectants). May interfere with hormone function and contribute to antibiotic-resistant bacteria. Harmful to fish and other wildlife.

*This is not an exhaustive list of toxic chemicals found in household cleaners. Learn more at springbreakup.ca

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