



Pollution in People

Tips for Avoiding Toxic Chemicals at Home

- Choose organic food, at least for these foods found to be most contaminated by pesticides: apples, bell peppers, celery, cherries, grapes, nectarines, peaches, pears, potatoes, raspberries, spinach, and strawberries.
- Don't buy products made of vinyl (PVC). There are many alternatives to vinyl toys, flooring, shower curtains, and food packaging.
- Choose cosmetics and personal products from companies that are committed to safer products made without toxic chemicals like phthalates. These include Burt's Bees, Avalon, and Aubrey Organics.
- When buying seafood, make safer choices such as wild salmon, Pacific cod, Alaskan black cod, Atlantic herring, tilapia, and sardines. Avoid more contaminated fish such as tuna steaks, swordfish, and king mackerel.
- Contact your elected officials and tell them it's time for a new common sense chemicals policy that will keep our families safe.

For more information on how to limit your exposure to toxic chemicals and find out about safer alternatives, go to:

www.pollutioninpeople.org