

# Go Green when you Clean



Reducing toxic chemicals in your home  
... for your children's health.

Many cleaning products contain chemicals that can be harmful to babies, children, and the developing fetus in the womb.

You can avoid harmful chemicals by using safe and low-cost items you may already have in your home, and by choosing products without fragrances or strong fumes.



Choose fragrance-free laundry and cleaning products.

Scrub sinks and tubs with baking soda.



Avoid "plug-ins" and other types of air "fresheners."



Mix one cup vinegar in a bucket of warm water and use to mop floors, wipe counters and wash windows.



[www.gogreenwhenyouclean.ca](http://www.gogreenwhenyouclean.ca)



[www.healthyenvironmentforkids.ca](http://www.healthyenvironmentforkids.ca)