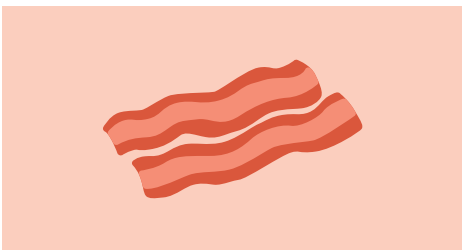


EWG's Year of Healthy Living

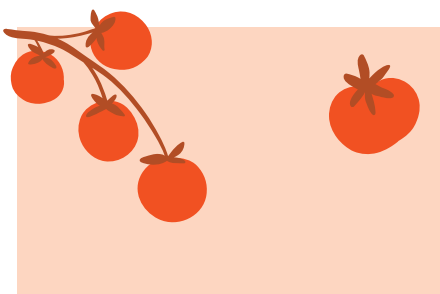
12 MONTH-BY-MONTH TIPS



BONUS TIP INSIDE



EWG.ORG



- ✓ **Avoid Toxic Chemicals**
- ✓ **Protect Your Health**
- ✓ **Save Money**

EWG's Year of Healthy Living

At EWG we're committed to helping you create the best environment for your family – free from toxic chemicals and wasteful material.

EWG's fans and followers are constantly asking us for tips that will help them create a healthier lifestyle, one that's good for their family and the planet.

To celebrate EWG's decades of groundbreaking research, we created this booklet as a way to help you take one simple step each month to protect your family and home from toxic chemicals.

With this guide, EWG is bringing it back to the basics.

Thank you for celebrating nearly three decades of work by following our smart solutions to healthier living every day!

JANUARY: Filter Your Tap Water

FEBRUARY: Pick Safer Cosmetics

MARCH: Clean Green

APRIL: Avoid Pesticides

MAY: Protect Yourself From PFAS Chemicals

JUNE: Choose a Safer Sunscreen

JULY: Eat More Sustainable Proteins

AUGUST: Reduce Your Exposure to Toxic BPA

SEPTEMBER: Create a Healthier Home

OCTOBER: Stay Nourished and Save Money

NOVEMBER: Cook With Safer Utensils

DECEMBER: Take a Sustainable Approach to Holidays

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JANUARY

Filter Your Tap Water

Drinking plenty of clean water is important for your health. That's why EWG researchers came up with two easy steps to help you stay hydrated while reducing your exposures to common drinking water pollutants.

Step 1: Decide what you need in a filter



Want a decent filter at a decent price?

Get a carbon filter. Pitchers, faucet mounts and large dispensers are popular types.



Need to remove as many contaminants as possible?

Use reverse osmosis combined with a carbon filter.



Is water hardness the issue?

Use an ion exchange filter to soften your water.



Step 2: What style of water filter would work best for you?

STYLE:

Pitcher or large dispenser

PROS: Inexpensive. No installation required. Various sizes and styles.

CONS: Owner must remember to change filters regularly. Filtering is slow.



STYLE:

Faucet mounted

PROS: Relatively inexpensive. Easy to install. Allows user to switch between filtered and unfiltered water. Filtration is fast enough to fill cooking pots.

CONS: Does not work with all faucet styles. May slow down faucet flow rate.



STYLE:

On counter

PROS: May allow user to switch between filtered and unfiltered water. Typically requires few filter changes. Ideal for filtering drinking and cooking water.

CONS: Requires installation and possibly plumbing modification.



STYLE:

Whole house

PROS: Filters all water, including for tooth-brushing, showering and other uses.

CONS: Whole-house filters remove residual levels of chlorine from the entire plumbing system in the house. With no disinfectant in the water, bacteria may grow in the household pipes between the filter and the tap.



For more information, check out EWG's Tap Water Database: ewg.org/tapwater

FEBRUARY

Pick Safer Cosmetics

Have you ever counted how many cosmetics and personal care products you use in a day? Chances are, nearly 10. And most people believe the government is policing the safety of those products. But it isn't.

Some types of products have major safety concerns—so make February the month you become a label reader and skip those likely to contain dangerous chemicals.

Hair straightener

Many contain chemicals linked to cancer, allergy, skin and scalp irritation, hair damage and hair loss



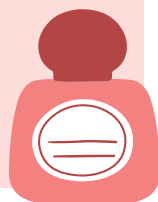
Loose powder

Pose an inhalation risk



Perfume and fragrance

Many have ingredients with allergy concerns



Dark permanent hair dye

May contain ingredients linked to cancer

Skin lighteners

Many have ingredients that can cause skin irritation and damage

“Fragrance,” a common ingredient with safety concerns

This catch-all term refers to a mix of any number of the thousands of unnamed substances used by the personal care products industry, some of which can trigger allergic reactions. Skip products with “fragrance” on the ingredients list; instead choose those that list each fragrance ingredient individually.

Ingredients with harmful contaminants

Many common ingredients can contain impurities linked to cancer and other health concerns.

AVOID THESE COMMON INGREDIENTS WHERE POSSIBLE:

- ✗ DMDM hydantoin
- ✗ Diazolidinyl urea
- ✗ Imidazolidinyl urea
- ✗ Cetareth
- ✗ Polyethylene glycol, or PEG
- ✗ Talc

For a full list of ingredients with possible impurities, consult EWG's Skin Deep® cosmetics database: ewg.org/skindeep

MARCH

Clean Green

The dirt on cleaners— what the bottle doesn't tell us.

It would be easier to shop smart if all ingredients in cleaning products were listed on the label, as with food and cosmetics. But the federal government doesn't require full disclosure.

Check labels for warnings and ingredients, not marketing claims.

Skip products that contain:

✗ Glycols, glycol ethers and esters

✗ Sodium hypochlorite, which is
found in chlorine bleach

✗ Quaternary ammonium compounds, like
benzalkonium chloride and other chemicals with
names that end in “-onium chloride”



You don't need disinfectants for everyday routine cleaning, but sometimes they're necessary.

When you choose a disinfectant, look for EPA-registered products with these safer active ingredients, which are lower in toxicity. Some examples:

✓ Hydrogen peroxide

✓ Ethyl alcohol, ethanol

✓ Citric acid



✓ L-lactic acid

✓ Caprylic acid,
or octanoic acid

✓ Thymol



For more information on safe
cleaning, and to look up
your products, check out EWG's
Guide to Healthy Cleaning:
ewg.org/guides/cleaners



APRIL

Avoid Pesticides

Most people prefer their foods free from pesticides and toxic chemicals, which are increasingly linked to serious health problems—especially in children, whose developing bodies are more vulnerable to chemical exposures than those of adults.

We'd like to believe our government ensures reliable oversight of our food safety, but it doesn't. EWG advice is to limit your family's exposure to pesticides.

What's a pesticide?

Pesticides are chemicals designed to kill living organisms that are considered pests, including insects, weeds and mold.



Why should I care?

Pesticides are applied directly to foods you eat, and they remain even after food is washed, cooked and, in some cases, even after it's peeled. EWG's analysis of U.S. Department of Agriculture data found that two-thirds of conventionally grown produce has detectable pesticide residues.



Research shows different pesticides are linked to:

Cancer

Hormone disruption

Cognitive problems

Behavioral problems



Who is at risk?

Children and pregnant women are especially at risk from pesticides in food.

People living near and working on farms are also at risk.

Anyone whose diet includes foods with higher levels of pesticide residues is at risk.



To avoid pesticides on your food:



Buy organic when you can.



When you can't buy organic, buy less-contaminated conventional foods. EWG's Shopper's Guide to Pesticides in Produce™ ranks different types of produce based on the amount of pesticide residue found on them. Use EWG's Dirty Dozen™ list to know when to go organic and our Clean Fifteen™ list to know when you can feel OK buying conventional.



Don't use pesticides to grow your own food.

Eat your fruits and veggies! Fresh fruits and vegetables are key to any healthy diet. EWG encourages everyone to eat plenty of nutrient-rich produce—organic or conventional.

For more information, visit: ewg.org/FoodNews

MAY

Protect Yourself From PFAS Chemicals

Toxic “forever” chemicals you don’t want near your family

What are PFAS chemicals?

Per- and polyfluoroalkyl substances, or PFAS, are a family of thousands of chemicals used to make water-, grease- and stain-repellent coatings. PFAS are present in wide range of consumer products and commercial applications. Decades of heavy use have resulted in contamination of water, soil, food and even people and wildlife. PFAS build up in our bodies and never break down in the environment.

What are the health risks of PFAS?

Numerous studies link these chemicals to a variety of health harms, including:

Testicular, kidney, liver and pancreatic cancer

Reproductive problems

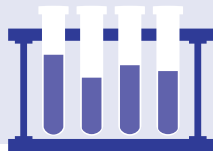


Weakened childhood immunity

Low birth weight

Endocrine disruption

Increased cholesterol



Weight gain in children and dieting adults



What are the sources of PFAS exposure?

Some public drinking water systems.



Nonstick pans and kitchen utensils.



Paper and cardboard wrappers for fast food and bakery goods.

Stain-resistant treatment on furniture and carpets.

Clothes labeled stain- or water-repellent.



Some personal care products and cosmetics.

How can I avoid PFAS exposure?



If PFAS are detected in your water, install a water filter that can remove them.



Choose stainless steel or cast-iron cookware over nonstick.



Avoid packaged food and takeout containers lined with waterproof or greaseproof coatings.



Wet-mop floors and use a vacuum with a HEPA filter to remove household dust that may contain PFAS.



Avoid fabrics treated with nonstick chemicals.



Check for PFAS in personal care products—read the ingredients lists and choose products that don’t contain PFAS.

For more information, please visit [ewg.org/pfaschemicals](https://www.ewg.org/pfaschemicals)

JUNE

Choose a Safer Sunscreen

Sunscreen remains a crucial means of helping prevent lasting skin damage and skin cancer from sun exposure. But it can be a challenge to find sunscreens that are effective and free from chemicals of concern. That's why EWG's sunscreen database rates the safety and efficacy of sunscreens and other products with SPF. We recommend products that provide long-lasting, broad-spectrum protection using ingredients that pose fewer health concerns.

Ingredients

Avoid:

- ✗ Oxybenzone
- ✗ Vitamin A, also called retinyl palmitate
- ✗ Added insect repellent

Look for:

- ✓ Zinc oxide
- ✓ Avobenzone
- ✓ Mexoryl SX



Products

Avoid:

- ✗ Sprays
- ✗ Powders
- ✗ SPF above 50



Look for:

- ✓ Cream
- ✓ Broad-spectrum protection
- ✓ Water resistance
- ✓ SPF to suit your needs—between 15 and 50



TIPS: Sunscreen should be your last resort

WEAR CLOTHES.

Shirts, hats, shorts and pants shield your skin from the sun's UV rays, reducing burn risk.

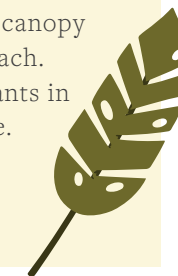


PLAN AROUND THE SUN.

Go outdoors in early morning or late afternoon when the sun is lower.

FIND SHADE—OR MAKE IT.

Picnic under a tree or take a canopy to the beach. Keep infants in the shade.



DON'T GET BURNED.

Red, sore, blistered skin means you've gotten far too much sun.

SUNGLASSES ARE ESSENTIAL.

Not just a fashion accessory, sunglasses protect your eyes from UV radiation.



CHECK THE UV INDEX.

The UV Index provides important information to help you plan your outdoor activities in ways that prevent sun overexposure.

For more information, please visit ewg.org/sunscreen/

JULY

Eat More Sustainable Proteins

Reduce your impact. Improve your health.

This month we challenge you to explore your protein options, then pick a day and go meatless!

Whether you choose meat, seafood or other proteins, it's important to know what you're buying and purchase the best for your family and your health.

✓ **Eat less meat and dairy**

Make meatless and cheese-less days part of your life. On at least two other days, make meat a side dish, not a main.

✓ **Eat more sustainably raised meat and seafood.**

Read the labels and look for:

Grass fed or pasture-raised meat

These are higher in heart-healthy omega-3s and lower in saturated fat. Pastured livestock live and graze in their natural environment under more humane conditions.

Lean cuts

Cancer-causing chemicals accumulate in animal fat. Leaner options lead to fewer cancer-causing chemicals in your body.



No antibiotics or hormones

Reducing unnecessary antibiotic use in animals helps keep human medicines effective.



Certified organic

Keeps the most toxic pesticides and chemical fertilizers off the land, out of the water and out of our bodies.

Certified humane

Means no growth hormones or antibiotics were used and ensures that animals were raised with enough space and no cages or crates.



Unprocessed, nitrite free and low sodium

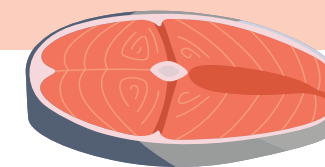
Avoid lunchmeats, hot dogs, prepackaged smoked meats and chicken nuggets, which can have high levels of sodium and cancer-causing additives.



Eat sustainable seafood

Avoid air-freighted fish and farmed salmon; use EWG's Seafood Calculator to get a customized list of seafood high in omega-3 fats, low in mercury, from sustainable sources:

ewg.org/research/ewg-s-consumer-guide-seafood/seafood-calculator



For more tips about shopping for meat and dairy, visit:

ewg.org/research/labeldecoder/

AUGUST

Reduce Your Exposure to Toxic BPA

Although it may be challenging because of the widespread use of BPA, EWG has some simple steps you can take to limit your exposure.

What is BPA, and where is it found?

Bisphenol A, also known as BPA, is a synthetic estrogen and a key component in hard, polycarbonate plastic, thermal receipt paper and epoxy resins—the protective lining of food and beverage containers, industrial equipment and piping. It's also found in sealants used in everything from construction to dentistry. This chemical has been found in the bodies of 93 percent of the Americans tested by the Centers for Disease Control and Prevention.

What are the health impacts of BPA exposure?

Brain, behavioral, learning and memory impairment

Cardiovascular abnormalities



Diabetes

Obesity

Breast and prostate cancer

Thyroid and sex hormone disruption

Early puberty

Changes to egg and sperm development and fertility



Genetic alterations that can be passed on to future generations



How to limit or avoid exposure to BPA

SUBSTITUTE fresh, frozen or dried food for canned.



LIMIT how many packaged and processed foods you eat. BPA may be used in the lids of glass jars and bottles and in tins and aerosol cans.



AVOID polycarbonate, or hard, clear plastics — marked with the recycling code #7 or the letters “PC.”

WHEN POSSIBLE, say “No” to receipts at stores, gas pumps, ATMs and other locations. Take advantage of technology that emails or texts purchase records, whenever possible.



If you've handled a receipt, **WASH HANDS** before prepping food or eating.

For more information about BPA, please visit: ewg.org/key-issues/toxics/bpa

For EWG's BPA product list and to look for alternatives, please visit: ewg.org/foodscores

SEPTEMBER

Create a Healthier Home

Have you ever stopped to think about all the chemicals and contaminants you're exposed to at home? Check your house for products that contain or emit toxic chemicals and choose safer alternatives with this simple checklist for less toxic living.

Kitchen

DO YOU COOK WITH NONSTICK COOKWARE?

Replace with cast-iron, stainless steel or glass, if possible.

DO YOU USE PLASTIC FOOD CONTAINERS?

Choose glass over plastic and never microwave food in plastic containers.



DO YOU FILTER YOUR TAP WATER?

Choose a filter that removes contaminants.

DO YOU DRINK BOTTLED WATER?

Get a reusable stainless steel water bottle instead.

ANY CANNED FOOD IN THE PANTRY? Cook with fresh or frozen whenever possible.

Bathroom

DO YOU USE AIR FRESHENERS?

Don't! Most contain a number of toxic chemicals.

WHAT MATERIAL IS YOUR SHOWER CURTAIN?

Avoid vinyl shower curtains.

IS "FRAGRANCE" LISTED ON YOUR PRODUCTS? We don't know what's in "fragrance," so choose either fragrance-free products or those that disclose their fragrance ingredients.



Laundry and cleaning closet

ARE YOU USING SAFER CLEANERS?

Check EWG's Guide to Household Cleaners and choose products that score well.

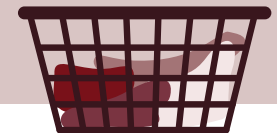


DO YOUR PRODUCT'S LABELS LIST ALL INGREDIENTS?

Most don't, but they should. Support companies that disclose all ingredients.

DO YOU NEED ALL THOSE PRODUCTS?

Skip laundry products you don't need, like dryer sheets and fabric softener.



Around the house

WAS YOUR HOME BUILT BEFORE 1978?

If so, it probably contains lead paint. When repainting, use a wet sanding technique to reduce dust, choose low VOC paints and always paint with the windows open for good ventilation.



GOT FOAM FURNITURE?

Choose naturally fire-resistant materials, like cotton and wool, when possible. Don't "protect" your fabrics and carpets with chemical coatings.



DO YOU USE COMPACT FLUORESCENT LIGHT BULBS, ALSO CALLED CFLS?

They contain mercury and should be handled and disposed of with care.



DO YOU USE PESTICIDES OR INSECTICIDES?

Try nontoxic alternatives first.



DO YOU HAVE A WOOD DECK, PICNIC TABLE OR PLAYGROUND SET?

If it was made before 2005, it likely contains arsenic. Replace with safer wood or reduce exposure by sealing it.

For more tips, please visit: ewg.org/healthyhomeguide

OCTOBER

Stay Nourished and Save Money

We've all heard the saying an apple a day keeps the doctor away—but which other foods pack in the most nutrients at a good price?

We asked EWG's staff nutritionist, who is also a registered dietitian, for her picks. Here are her suggestions:

✓ Fast, fresh and clean

A PEAR A DAY—even better than you-know-what (more fiber, potassium and folate than an apple).



AVOCADO FOR BREAKFAST?

Try it on a piece of toast or with some eggs. Avocados contain more potassium than bananas, with more fiber and less sugar. All for about the same cost as a tangerine.



EAT YOUR GARNISH—parsley packs a punch as potent as kale for a quarter of the cost.

NOT A CARROT LOVER? Sweet potatoes contain twice the fiber, potassium and vitamin A that carrots do.



MIX UP YOUR MEATS—try goat, which costs the same as ground beef, with more iron and less saturated fat.

GET YOUR PROTEIN CHEAP AND CLEAN.

A serving of lentils or pinto beans is a quarter of the cost of turkey—one of the cheapest animal sources of protein—yet produces one-tenth the greenhouse gas emissions.



✗ Bad price, bad nutrition

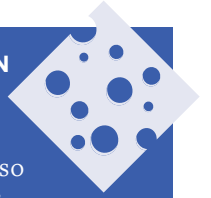
Here are some of the worst choices you can make:

FRUIT COCKTAIL IN HEAVY SYRUP.

It's twice the cost of a banana and double the sugar.

PROCESSED AMERICAN OR SWISS CHEESE.

Try soft cheeses like cottage cheese or queso blanco instead—they're easier on the planet, your heart and your wallet.



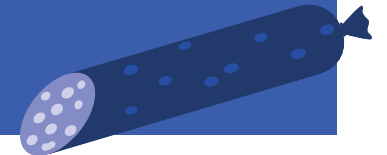
SOUR CREAM.

Try plain yogurt instead for a calcium boost and 20 percent savings.



SAUSAGE AND BOLOGNA.

Home-roasted turkey tends to have fewer additives of concern and is half the cost per serving.



For more information, please visit: ewg.org/goodfood



NOVEMBER

Cook With Safer Utensils

Skip the nonstick, so you don't breathe toxic fumes while cooking on high heat. Replace those plastic tongs and spatulas with safer alternatives, like bamboo utensils, and ditch plastic storage containers.

This is the month to pair your healthy eating with healthy cooking—cooking utensils, that is.

Easy tips:

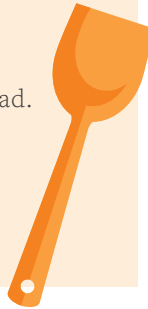
Using plastic water bottles to store sauces?

Try glass jars—they wash easily and are very durable.



Using a plastic tong or spatula?

Try using bamboo or wood instead.



Using plastic storage for leftovers?

Try Pyrex glass containers.



BONUS: They can go straight from the fridge to the oven.



Skipping the nonstick can be more difficult,

but it's worth the effort. Did you know the chemicals used in some nonstick coatings can emit vapors that can kill your pet bird?

Nonstick cookware is in most American kitchens. Is it in yours? If so, use it safely. If you can, cook with safer alternatives.

Here's how:

CHOOSE SAFER COOKWARE.

We suggest cast iron, stainless steel and oven-safe glass. Yes, there are many new products on the market, but we don't know enough about them to know whether they're safe. Even if the products are advertised as "green" or "not nonstick," manufacturers do not have to release their safety data to the public.

COOK MORE SAFELY WITH NONSTICK IF YOU CAN'T GET NEW POTS AND PANS.

Never preheat nonstick cookware at high heat or put it in an oven hotter than 500 degrees, and make sure to turn on the exhaust fan over the stove, if you have one.



For more information about healthy kitchens, visit: ewg.org/healthyhometips

DECEMBER

Take a Sustainable Approach to Holidays

With all of the cooking and shopping you probably do during the holidays, it can be easy to forget to celebrate sustainably.

This year, why not make this festive season a celebration of healthy living?! **Challenge yourself to carry out at least one of the tips below**—you may inspire your friends and family to follow your lead.

1. CARRY ITEMS IN A REUSABLE BAG. (BONUS:

A sleek grocery bag makes a nice gift for the host.)



2. BYOC (BRING YOUR OWN CUP—

like Klean Kanteen's stainless steel pint cups) so you can avoid single-use party cups.

3. BRING A SEASONAL DISH FOR YOUR HOLIDAY POTLUCKS.

Even if some farmers' markets are closed for the winter, you don't have to skimp on veggies at the dinner table. There are many flavorful fresh winter fruits and vegetables, some of which can even be enjoyed year-round. We've included a recipe we think will be a hit with your friends and family.

Butternut, White Bean and Chard Soup

Embrace the best of cold-weather produce with this hearty, satisfying soup.

At Earthbound Farm in Carmel Valley, Calif., we're adrift in a sea of hard squashes and pumpkins from September to December, and we put our autumn bounty to good use all through the cold months with creations like this delicious soup. It's full of flavor, and the combination of squash, white beans and chard is simply scrumptious.

Although the recipe specifies butternut, other hard squash—like hubbard or carnival—would work just as well.

Enjoy and happy cooking! –Myra Goodman

Ingredients

- 1½ tablespoons canola oil
 - 1½ tablespoons olive oil
 - 1½ cups yellow onion, diced
 - 2 ribs celery, diced
 - 3 pounds butternut squash, peeled, seeded and cut into ½-inch cubes, about 4 cups
 - 8 cups vegetable or chicken stock or store-bought low-sodium vegetable or chicken broth
 - 1 bunch Swiss chard, ribs discarded, leaves chopped into ½-inch pieces—about 4 cups, lightly packed
 - 2 cups cooked white beans, such as navy or cannellini; rinse if using canned beans
 - 1 tablespoon fresh thyme leaves, chopped
- Salt and freshly ground pepper

Directions

Heat the canola and olive oils in a soup pot or a large saucepan over medium heat. Add the onion and celery and cook, stirring frequently, until the vegetables are soft but not browned, 5 to 8 minutes.

Add the squash and the stock, and bring to a simmer. Reduce the heat to medium low, cover and simmer until the squash is tender, 30 to 40 minutes.

Add the chard, beans and thyme, and simmer until the chard wilts and the beans are heated through, 5 to 10 minutes. Season the soup with salt and pepper to taste and serve hot.



From "The Earthbound Cook: 250 Recipes for Delicious Food and a Healthy Planet," by Myra Goodman