

Take Action for a Toxic-free Maine!



Natural Resources Council of Maine

NRCM is Maine's leading organization protecting, restoring, and conserving Maine's environment, today and for future generations.

We harness the power of the law, science, and more than 12,000 members from across Maine and beyond.



DEAN BENNETT

NRCM has successfully led efforts to eliminate toxic chemicals from many products and factories. Much of our toxics work is done with the Alliance for a Clean and Healthy Maine, a coalition of health, labor, business, and environmental groups, and people like you. Working together, we can ensure phase-out of toxic chemicals for safer alternatives. As part of the solution, NRCM is also working to promote non-toxic alternatives and clean, sustainable manufacturing in Maine to benefit Maine workers, businesses, and our environment.

With more than 12,000 supporters, NRCM is making a difference. Help us protect the nature of Maine by becoming a member today!

Natural Resources Council of Maine

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*Since 1959, protecting the nature of Maine
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Toxic pollution threatens the health of Maine's environment and people. Children are especially at risk. But it doesn't have to be this way. Safer alternatives are already in widespread commercial use. Working together, we can make sure protecting our families becomes the highest priority.



Your Voice Makes a Difference! Join NRCM's Action Network

Join our Action Network to learn how you can help protect Maine families and our environment and stay informed about the latest issues, threats, and victories. It's free, and *you choose* how and when to take action. You can

- ♦ Make phone calls or send email to your elected officials and other decision-makers.
- ♦ Write letters-to-the-editor of your local paper.
- ♦ Submit comments or testify at public hearings.

Help keep your family and Maine's environment safe. **Please join NRCM's Action Network today!**

Check Our Website Often

You'll find the latest news and resources to keep your family safe from harmful chemicals.

At www.toxicfreeme.org, you'll find:

- ♦ Farmer's markets in Maine
- ♦ Safer cosmetics and personal care products
- ♦ Green housekeeping tips
- ♦ Our Safer Seafood Chart
- ♦ Organic lawn and garden care
- ♦ Ways that you can get involved, including information about NRCM's Action Network.



Toxic-free Living

10 Ways to Keep Your Family and Maine's Environment Safe from Toxic Chemicals



Natural Resources Council of Maine

Protecting the nature of Maine

What you should know about toxic chemicals in everyday products

Scientific studies show that many toxic chemicals are building up in our bodies, environment, and wildlife. Some have been linked to serious health problems like learning disabilities, immune dysfunction, hormone imbalances, reproductive problems, and cancer. They can come from surprising sources—televisions, furniture, and other common household items, even toys. These chemicals escape from the products they're added to and wind up in our air, water, and food.

Follow NRCM's tips to reduce your family's exposure to harmful chemicals in your everyday life.

1. Taste Organic. Organic meats, produce, and dairy can reduce your family's exposure to pesticides, harmful hormones, and pollutants. Buying at a local farmer's market or joining



a Community Supported Agriculture (CSA) project means fresh, organic food for your family all season. To learn more about organic food and CSA projects near you, visit www.toxicfreeme.org

2. Watch the Fish. Some fish—swordfish, farmed salmon, and others—may contain high levels of mercury and other toxic chemicals. Eating fish lower on the food chain reduces your exposure. To choose fish from healthy stocks and avoid species that are over-fished, see our Safer Seafood Chart at www.toxicfreeme.org

3. Cooking Well Done. Recent studies show that heated Teflon breaks down into toxic gasses and particles, including cancer-causing perfluorinated compounds. A seasoned cast-iron skillet, or an oiled stainless or enameled steel pan, provides a non-stick surface without the health risk.



4. Microwave Safe. When certain plastic food containers are microwaved, toxic hormone-disrupting chemicals can leach into your food. To be 100% safe, heat your food in glass or ceramics instead. If you're using plastic, make sure to use containers that are listed as safe for microwave use.

5. Baby That Bottle. Hard-plastic polycarbonate reusable water bottles, including Nalgene and *even baby bottles*, leach toxic bisphenol-A, especially when scratched or holding acidic drinks like orange juice. Use water and baby bottles made from non-reactive materials, such as stainless steel or glass, to keep you and your baby safe. See NRCM staff's top picks at www.toxicfreeme.org.

6. Know Your Water. Both tap and well water can contain toxic pollutants including arsenic, bacteria, and disinfectant byproducts. To learn about the safety of your water source and tips for purchasing filters, visit www.toxicfreeme.org.

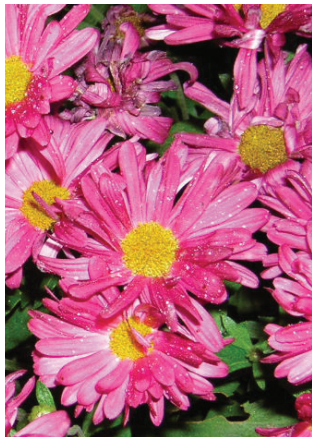


7. Better Beauty. Many cosmetics and personal care products contain an array of untested and toxic chemicals. See what's in the products you use and find safer alternatives for yourself and your family at www.toxicfreeme.org

8. Clean Housekeeping. Industrial chemicals in traditional household cleaning products can cause numbness, lung irritations, burns, and other health problems. For green cleaning tips—did you know salt can help clean your messy oven?—visit www.toxicfreeme.org

9. Clean Clothes without Consequences. Dry cleaning chemicals contain carcinogenic compounds that invade the air and leach from fabric into the air and onto skin. "Wet-cleaning" is a non-toxic alternative. Visit www.toxicfreeme.org to find a Maine wet-cleaning facility near you. Natural fibers and green detergents are also better for the environment. Washing new clothes before wearing them helps remove toxic chemicals and preservatives such as formaldehyde.

10. Green Lawns, Healthy Gardens. Avoiding pesticides and chemical fertilizers and switching to organic lawn care products helps protect local water sources and your loved ones. An electric or human-powered mower will cut down on toxic air pollutants. For more information on organic lawn care, visit www.toxicfreeme.org.



11. AND the most important thing you can do...

