

# Healthy Home for the Holidays

Follow these simple steps to create a healthy, “green” home this holiday season:

- ❖ Use natural scents instead of plug-in or spray fragrance products. Set out fresh or dried flowers or simmer spices such as cinnamon, clove, or orange with some water on your stove top.
  - ❖ If you love candles that have a holiday scent, switch to a 100% soy or beeswax candle. These are natural alternatives that produce less soot than a paraffin candle. Please remember to use candles wisely and keep away from children!
  - ❖ Consider using natural decorations such as pinecones, evergreen, dried fruits, and flowers. A perennial plant such as poinsettia, peace lily, or prayer plant makes a great gift and can reduce indoor air pollution! Caution: some indoor plants are poisonous, so remember to keep out of a child’s or pet’s reach!
  - ❖ Switch to plant-based and natural cleaning products. Vinegar and baking soda have been proven to be effective cleaners and deodorizers.
  - ❖ Buy locally-grown produce for your holiday meal and choose fresh or frozen fruits and vegetables over varieties in a metal can.
  - ❖ Consider using LED lights for indoor and outdoor decorating. They use 75% less energy than conventional lights. String lights are made with PVC plastic and may contain traces of lead, so wash your hands!
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- ❖ Recycle wrapping paper or shred it and start a compost container! Try newspaper, fabric wrap, or a reusable item such as a scarf, bandana, or dishtowel to wrap that special gift. You can reuse holiday cards to make gift tags and don’t forget to reuse your gift boxes!
  - ❖ Recycle your tree. Visit [search.earth911.com](http://search.earth911.com) to a local recycling center near you. If you have an artificial tree, wash your hands thoroughly after decorating. The plastic material, typically PVC, may be a source of lead.
  - ❖ If a new electronic is on the list, don’t forget to properly dispose of the old one! Visit [search.earth.911.com](http://search.earth.911.com) for a list of recycling centers.
  - ❖ Toys that are made from cloth or wood are eco-friendly. Avoid children’s metal jewelry that may contain high levels of lead and cadmium.
  - ❖ Consider purchasing a gift card to a local, sustainable restaurant for that person who is hard to buy for. Less packaging, and the recipient gets a gift he or she can truly enjoy.
  - ❖ Consider making a donation to your favorite organization, like Women for a Healthy Environment!

[www.WomenForAHealthyEnvironment.org](http://www.WomenForAHealthyEnvironment.org)  
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