

# Healthy Home for the Holidays

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

- Use natural scents instead of fragrance products that you plug in or spray. 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 candle. They are natural and 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 a poinsettia, peace lily or prayer plant makes a great gift and can reduce indoor air pollution! Caution: many plants can be 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 proven to be effective cleaners and deodorizers.
- Buy locally-grown produce for your holiday meal. And don’t forget to set the table with cloth napkins.
- 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!



**WOMEN**  
*for a Healthy*  
**ENVIRONMENT**

- 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 dish towel to wrap that special gift. You can reuse holidays cards to make gift tags and don’t forget to reuse your gift boxes!
- Recycle your tree. Visit [www.Earth911.com](http://www.Earth911.com) to locate a 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 older model. See [www.eloop.com](http://www.eloop.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 buying a gift card for that person who is hard to buy for, especially one to a local, sustainable restaurant. Less packaging and the recipient gets a gift he or she can truly enjoy.
- Consider making a donation to your favorite charity, like Women for a Healthy Environment!

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