



Checklist for a Healthy Home: **Water Quality**

Your health and well-being can be highly influenced by our surrounding environment, which creates all the more reason to strive for a healthy environment. Big improvements come in small steps – You can start improving yourself and/or your family’s lives today by taking steps to create a healthy home environment.

Take the steps towards creating a healthy home environment by beginning with the checklist below, helping to improve the water quality in your home.

Purify your water – Filter your tap water.

Water is a life source vital to our health and well-being, so it’s important we drink water, but even more important that we drink *good* water that is clean and healthy. In an effort to reduce the amount of impurities potentially found in your tap water, such as chlorine and lead, find an affordable water filtration system that helps clean your drinking water. Try a carbon filter pitcher or use a reverse osmosis system. Also note that drinking bottled water instead of tap water is not necessarily better, so don’t *not* drink the water from your faucet – just take care of the tap!

Be aware of the plastics you drink out of – Pick your plastics carefully!

Some bottles and cups are made from plastics that contain Bisphenol A (commonly known as “BPA”), which is linked to cancer. Your best bet is to avoid clear, hard plastic bottles and cups marked with a “7” or “PC.” Also choose to use cups and bottles, including baby bottles, made from glass or BPA-free plastic.

Use non-toxic cleaning products -- Green cleaning works!

Oftentimes, the cleaning products we use in our homes contain many toxic ingredients, some of which are not even always listed on the labels. Check your cleaning products for toxic ingredients and make notice of the warning labels. If you must use chemicals in your home, always be sure to use products to manufacturer specifications and use them in well-ventilated areas.

Want something better? Use natural cleaning products that are chemical-free. You may be surprised at how well natural, green cleaning products work. Even common household products like baking soda, vinegar, and citrus juices often have the power to clean as well or better than their chemical counterparts. Try some alternatives to chemical-laden products when you clean your home! -- Just visit www.womenforahealthyenvironment.org and look under the “Greening Tips” section of the “Green Resources” tab.

Using green cleaning products will help keep our bodies, our water, and our air clean.

Sources:

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NaturalHealthLifestyles. "Five Easy Tips for Creating Healthy Home." <<http://www.naturalhealthlifestyles.com/healthy-home-tips.html>>.