

WWF-US: グリーンホームカード

Green Home Card

Making your life toxic-free

You do a lot to keep your family healthy, but you may not have considered all the potential dangers of toxic chemicals in your surroundings. Toxic chemicals can be found in virtually all creatures and in all environments. An estimated 1,000 new chemicals enter the market every year, in addition to the tens of thousands of chemicals already in commercial use. Very few have been adequately tested for the threats they may pose to wildlife and humans.

WWF has created a list of actions you and your family can take to reduce your consumption and use of toxic chemicals at home and in your community:

1. Buy organic cotton clothing, fruits and vegetables, and other goods.
2. Stop using pesticides. Green up your yard using natural methods:
 - Grow plants that are native to the region where you live.
 - Use traps and biological controls such as natural predators.
 - Use disease- and pest-resistant plants. In your garden, add insect-repelling plants such as basil, chives, mint, marigolds, and chrysanthemums.
 - Use compost and mulch to improve soil health and reduce the need for pesticides and fertilizers.
3. Use environmentally friendly products in your home:
 - Reduce use of chlorine bleach.
 - Use simple and inexpensive cleansers such as soap, vinegar, lemon juice, and borax (see Household Recipes below).
4. Avoid air fresheners and perfumed products. Freshen your air by opening windows, using baking soda, cedar blocks, or dried flowers.
5. Reduce use of plastic containers and food wrappings:
 - Store food in glass containers.
 - Do not microwave food in plastic.
6. Urge your schools and communities to use non toxic cleaning products and to stop using pesticides.

For more information on WWF's toxic chemical program, visit www.worldwildlife.org/toxics.

Use these easy household recipes to help make your home toxic-free.

All-purpose Cleaner

- Choose one and add to 1 gallon of water:
- 3 tsp. liquid soap, or
 - 1/4 cup white vinegar, or
 - 1/4 cup lemon juice, or
 - 1/4 cup borax

Stain Remover

- Soak fabrics in 1 gallon of water with one of the following:
- 1 cup white vinegar, or
 - 1 cup lemon juice, or
 - 1 cup borax

Controlling Cockroaches and Ants

Combine equal parts powdered sugar and borax. Sprinkle where they crawl.

Window Cleaner

Fill your own spray bottle with 1/2 cup white vinegar to 1 gallon warm water.

