

10 Things You Should Never Buy Again:

1. Styrofoam cups
2. Paper towels
3. Bleached coffee filters
4. Teak and mahogany
5. Chemical pesticides and herbicides
6. Conventional household cleaners
7. Toys made with PVC plastic
8. Plastic forks and spoons
9. Farm raised salmon
10. Rayon

To find out why visit www.GreenAmericaToday.org, click on *shopping*

8 Body Care Toxins to Avoid:

- When you shop for body and hair care products, avoid the following problematic ingredients*
1. Mercury – also avoid the “thimerosal”
 2. Lead – listed as “lead acetate”
 3. Nanoparticles
 4. Placenta
 5. Hydroquinone skin lightener
 6. Phthalates
 7. Petroleum by-products ex. 1,4-dioxane
 8. Fragrance

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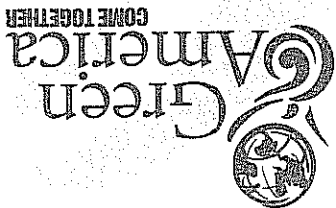
Our Green Living Web Resources:

- www.GreenAmericaToday.org
- www.greenpages.org
- www.climateaction.org
- www.fairtradeaction.org
- www.responsibleshopper.org



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Use this helpful guide when you shop to make choices that benefit people and the planet. You can make a difference.

Join Green America today!

www.GreenAmericaToday.org