

Environmental Wellness Product Guide



A calm, practical way to reduce avoidable exposures at home - one product and one routine at a time.

The goal is lower exposure, not a perfect home

Everything is made of chemicals, and 'natural' does not automatically mean safer. Focus first on products you use frequently, breathe in, apply to skin, or use around children and pets. Small, consistent changes matter more than replacing everything at once.

A SIMPLE PRIORITY PLAN

Choose one change from one area.

1 Air and fragrance

Start with source control and ventilation. Reduce air fresheners, scented plug-ins, incense, and heavily fragranced sprays. A properly sized portable HEPA air purifier may help reduce airborne particles, but it supplements ventilation. Avoid devices that intentionally produce ozone.

2 Cleaning products

To reduce exposure to ingredients of concern, including chemicals evaluated for endocrine activity, look first for EPA Safer Choice or EWG VERIFIED products. Follow the label, ventilate, and never mix cleaners.

3 Personal care

Prioritize products used daily, left on the skin, or applied over a large area. Look for EWG VERIFIED when available. Choose fragrance-free to reduce fragrance exposure; 'unscented' may still contain ingredients used to mask odor.

4 Food contact and kitchen

Do not microwave polycarbonate plastic. Use glass, porcelain, or stainless steel for hot food and liquids when practical. Replace nonstick pans when the coating is deeply scratched, peeling, or flaking; consider stainless steel, cast iron, or ceramic-coated cookware. Never overheat an empty nonstick pan.

Trusted shortcuts for lower-exposure shopping

EPA Safer Choice reviews every ingredient in a certified product against health and environmental criteria. EWG VERIFIED products meet EWG's standards for ingredients of concern and full ingredient transparency, including fragrance ingredients.

Pause before you replace



Use this page with one product at a time. A product may be appropriate when used as directed even if an ingredient name looks unfamiliar.

PRODUCT NAME

WHERE AND HOW OFTEN DO I USE IT?

HOW MIGHT I BE EXPOSED?

☐ Breathe it in ☐ Skin contact ☐ Food contact ☐ Other

WHO AM I SHOPPING FOR?

☐ Myself ☐ Child ☐ Older adult ☐ Pregnant person ☐ Pet ☐ Whole household

WHAT DOES THE LABEL DIRECT ME TO DO?

THIRD-PARTY CERTIFICATION?

COULD A SIMPLER ROUTINE HELP?

MY DECISION

☐ Keep using as directed ☐ Use less often ☐ Compare alternatives

SMART QUESTIONS FOR COMPARING PRODUCTS

- | | |
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| ☐ Will this product be used often? | ☐ Does the label clearly explain safe use? |
| ☐ Will it be sprayed or aerosolized? | ☐ Is it EPA Safer Choice or EWG VERIFIED? |
| ☐ Can I use it with good ventilation? | ☐ Can I make one affordable change now? |

Safety first

Call 911 for a life-threatening emergency. In the United States, Poison Help is available at 1-800-222-1222 for questions about a possible poisoning. Keep products away from children and pets, and never mix cleaners.

OFFICIAL RESOURCES

EPA Safer Choice: epa.gov/saferchoice | EWG VERIFIED: ewg.org/ewgverified
 EPA Indoor Air Quality: epa.gov/indoor-air-quality-iaq | FDA Fragrances in Cosmetics: fda.gov/cosmetics
 NIEHS Bisphenol A (BPA): niehs.nih.gov/health/topics/agents/sya-bpa
 Nonstick cookware safety: poison.org/articles/teflon-flu | Poison Help: 1-800-222-1222