

Don't stop with these tips

For more information visit:
www.gov.ns.ca/nse/sp



To help the environment this brochure has been printed using vegetable based inks.

Tips for Purchasing Environmentally Preferable Household Products

Don't Buy Hazards

Avoid products with the following labels:



Don't Buy Air Pollutants

Look for 'low odour' cleaning products and paints. Odours are generally created by VOC's. VOC's are chemicals which pollute the air and can be harmful to breath. Avoid aerosol spray cans, since they use VOC's as propellants.

Don't Buy Products With False Claims

Choose recognized certification programs to verify environmental claims. Look for these logos on cleaning products, paint products, food items, and other household items.



FSC
Mixed Sources
Cert no. SW-COC-1885
www.fsc.org
© 1996 Forest Stewardship Council

Certified products are generally environmentally preferable.

Environmentally Responsible Consumer's Guide

"A shopping list for a healthier world"



General Shopping Tips

Buy Less

Only buy what you need. This will save money and the environment.



Buy Recycled

Look for products made from post consumer recycled materials.



For example: garbage bags, toilet paper, paper towels, packaging, paper and paper products.

Buy Local

Ask for products made in Nova Scotia or Canada. For example: food, gifts, toys, clothing, furniture.



Buy for Life

Buy durable products that will be used again and again, rather than discarded.



For example: rechargeable batteries, reusable coffee mugs, food containers, cleaning cloths and mops.

Buy Product, Not Packaging

Choose products with no or minimal packaging.

Choose packaging that can be recycled in your community.



Buy products that are concentrated or are bulk packaged (family sizes).



Avoid items that are individually wrapped in single serving sizes.

Chemicals To Avoid

- Avoid phosphates in dish soap and laundry detergents.
- Avoid anti-bacterial products such as hand soap, detergents, cleaners and wipes labelled 'anti-bacterial' or 'antimicrobial'. Warm water and soap will remove bacteria.
- Avoid the ingredient 'Fragrance'.

