

IT'S TIME TO GO BACK TO SCHOOL WITH HEALTHY SCHOOL SUPPLIES

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Proceed with caution when you buy back-to-school supplies. Some school supplies have toxins in them that can harm your children. Remember these tips:

LOOK FOR PVC-FREE AND BPA-FREE TO GET STARTED

****Avoid purchasing anything with phthalates and PVC by avoiding any products with the word "vinyl" on them or Recycling Code 3. Buy PVC-free supplies and nothing with vinyl in it. Buy PVC-free shoes. Buy PVC-free backpacks.**

****Avoid colored paper clips because they may be coated with PVC. Stick with the plain metal ones.**

****Avoid anything that is not marked BPA-free. Stainless steel water bottles and lunch boxes are best.**

****For disposable dinnerware, look for bio-based (made with PLA or PHA plastics).**

****Avoid anything with chlorine. Look for recycled paper products or those marked chlorine-free.**

****Avoid permanent or water-based markers that contain anything toxic or have artificial fragrance.**

ADDITIONAL TOXIC PLASTICS TO AVOID

ABS—acrylonitrile butadiene styrene

PC—polycarbonate

PS—polystyrene

WHAT ABOUT LEAD IN THE WATER?

****Ask your school principal for a copy of the latest tests done at the tap for drinking.**

****Ask your local water supplier to test your own water.**

GETTING STARTED WITH THESE BASIC RULES WILL HELP YOU PROTECT YOUR CHILDREN FROM HARMFUL CHEMICALS.