Caring for Baby

CARING FOR BABY

Care for baby by avoiding alcohol and smoking

Care for baby by eating a healthy diet – avoid processed food

Care for baby by avoiding exposure to endocrine disrupting chemicals

Think about cloth nappies, check out your local council voucher scheme which gives you a financial incentive and vouchers towards reusable rather than disposable nappies.

REDUCE YOUR RISK TO YOURSELF AND BABY

Look out for products with the eco label and soil association label to ensure they are genuinely organic and without synthetic perfumes.

Look for the Yuka app and the Clearya app to check safe products online.

Pink Ladies Cancer Support Group

Pink Education

Community Fund

Funded by Department for Communities

An Roinn Pobal

Communities

www.communities-ni.gov.uk

Sun Care
Skin Care Cosmetics

SUN CARE / Cosmetics

Mineral or Chemical Suncreen

Mineral Sun creams sit on top of your skin and reflect UV rays. Chemical Sun creams absorb the rays through a chemical reaction.
Chemicals to avoid:

Homosolate, Avobenzone, Oxybenzone and Octinoxate.

Look for non-nanoparticle zinc-based products instead.

Skincare and Cosmetics

Avoid parabens e.g. Ethyl paraben, Methyl paraben, propyl paraben and butyl paraben. Found in makeup, shampoo and cleansers.

Avoid phthalates e.g. diethyl phthalate (DEP) which may be listed as "parfum" or "fragrances". Found in perfume, hair dyes and hair products.

Avoid Triclosan which is found in antibacterial soaps, toothpaste, tooth whitening products, deodorant, shaving products and creams.

Look for organic natural cosmetic products that carry the eco cert label, check out organic cotton sanitary ware, non-plastic period products and free nail polish.

In 2019, plenty of top nail polish brands are free, which means the polishes are formulated without seven of the top toxins commonly found in polish: toluene, dibutyl phthalate (DBP), formaldehyde, formaldehyde resin, camphor, ethyl tosylamide, and xylene.

Alternatively have fun making your own skincare products, go to Naissance.com website and follow instructions on how to make all kinds of skincare products.

Pink Ladies CANCER SUPPORT GROUP
Pink EDUCATION
COMMUNITY FUND
Funded by Department for Communities
An Roinn Pobal
Màirnealachd a' Communities
www.communities-ni.gov.uk

Organic Food

ORGANIC FOOD

What does "organic" mean?

The term "organic" refers to the way agricultural products are grown and processed. While the regulations vary from country to country, organic crops must be grown without the use of synthetic pesticides, bioengineered genes (GMOs), petroleum-based fertilisers, and sewage sludge-based fertilisers.

Is organic food better for you?

Instinctively, organic growers feel that their produce – grown without chemicals and using natural fertilisers – must be safer, more nutritious and taste better

New research from the soil association reveals there are benefits of eating organic. Conventional intensive farming is leading to a surprising nutritional loss in certain foods. There are claims that an organic diet can prevent some illnesses.

Whether you think organic food tastes better is a matter of personal opinion. There is no doubt that organic growing principles – feeding the soil not the plant, encouraging wildlife, harnessing nature's own rhythms to control pests and diseases – are better not just for you, but for the planet.

The benefits of organic food

How your food is grown can have a major impact on your mental and emotional health as well as the environment. Organic foods often have more beneficial nutrients, such as antioxidants, than their conventionally grown counterparts and people with allergies to foods, chemicals, or preservatives often find their symptoms lessen or go away when they eat only organic foods.

Organic produce contains fewer pesticides.

Chemicals such as fungicides, herbicides, and insecticides are widely used in conventional agriculture and residues remain on (and in) the food we eat.

Organic farming is better for the environment. Organic farming practices reduce pollution, conserves water, reduces soil erosion, increases soil fertility, and uses less energy. Farming without pesticides is also better for nearby birds and animals as well as people who live close to farms.

Organically raised animals are NOT given antibiotics, growth hormones, or fed animal by-products. Feeding livestock animal by-products increases the risk of mad cow disease (BSE) and the use of antibiotics can create antibiotic-resistant strains of bacteria. Organically raised animals are given more space to move around and access to the outdoors, which helps to keep them healthy.

Pink Ladies CANCER SUPPORT GROUP
Pink EDUCATION
COMMUNITY FUND
Funded by Department for Communities
An Roinn Pobal
Màirnealachd o Communities
www.communities-ni.gov.uk

BPA / PFOA PFAS

BPA/PFOA/PFAS

Stop Disrupting your Hormones

BPA

Bisphenol A (BPA) is a component of plastics, tin can linings, and thermal paper till receipts.

Research links BPA and its replacements BPF and BPS to breast and prostate hormonal cancer, early puberty, infertility, obesity and other reproductive diseases.

The best way to reduce bisphenol exposure:

- Eat fresh and frozen foods
- Purchase foods in glass or cardboard containers
- Use glass or unlined stainless-steel bottles
- Never microwave in cracked or scratched plastic containers

Avoid handling till receipts, check out FIDRA website for great information on how to avoid BPA. (www.fidra.com)

PFOA/PFAS

Known as "forever chemicals" these are a family of thousands of synthetic chemicals persistent in the environment and in our bodies.

Used in a wide range of consumer products including non-stick cookware.

Look for safer cookware e.g. PFOA free, PFAS free, Greenlife, Ecolution, Greenpans or choose stainless steel, carbon steel or any pan that is uncoated.

PFAS in food packaging

Fast food containers, plastic packaging, microwave popcorn bags and some cardboard packaging contain PFAS chemicals.

To avoid remove pizzas from box before eating and don't heat plastic in a microwave.

PFAS in Clothing and Carpets

PFAS are used as a stain repellent in raincoats and carpets, look for PERC free symbols on clothing and carpets to avoid exposure.

Pink Ladies Cancer Support Group
Pink Education
Community Fund
Funded by Department for Communities
An Roinn Pobal
Communities
www.communities-ni.gov.uk

Household Products

HOUSEHOLD PRODUCTS/ Cleaning

Stop Disrupting your Hormones

Fun Fact: the difference between a bathroom, kitchen and all purpose spray cleaner is very little. In fact you can use any 3 for any function

Many cleaning supplies or household products can irritate the eyes or throat, cause headaches and other health problems such as cancer.

Some products release dangerous chemicals, including VOCs, ammonia and bleach. Chemicals to avoid:

Phthalates – many fragranced household products such as air fresheners contain this chemical but you won't see it on the label, however if you see the word "fragranced" "perfumed" or "parfum" there's a good chance that phthalates are present

Phthalates are known endocrine disrupters especially harmful to men as it is linked to low sperm count.

Healthier choices are fragrance free or all-natural organic products. Ditch aerosol or plug-in fresheners and instead opt for essential oil diffusers. Preferably open

P

Perchloroethylene or Perc is found in dry cleaning solutions, spot removers and carpet and upholstery cleaners.

CO_2

Healthier choice – Look for liquid carbon dioxide (CO_2) as an environmentally preferable alternative.

ECO CERT

Opt for spot removers such as non-toxic brands like Ecover, Method or Castile soap.

TRICLOSAN

Tridosan is found in liquid dishwashing detergents, hand soaps and hand sanitisers labelled anti-bacterial. Anti-bacterial agents promote the growth of drug resistant bacteria.

ECO Friendly

You can always clean your home safely and cheaply with DIY cleaners using bicarbonate soda, lemon, essential oil and white vinegar. Alternatively look for plant based commercial cleaners like Ecover and Method.

Pink Ladies CANCER SUPPORT GROUP
Pink EDUCATION
COMMUNITY FUND
Funded by Department for Communities
An Roinn Pobal
Communities
www.communities-ni.gov.uk