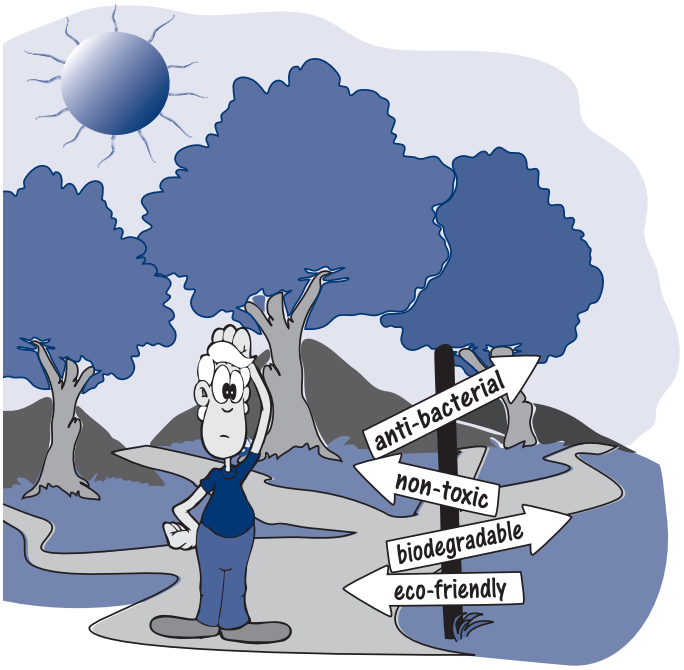
What Does Clean Really Mean?

Putting Your Home Into De-Tox

It's a question more of us should be asking every time we pick up a product to clean our windows, polish our furniture or wash our clothes: "What does clean really mean?"

An amazing number of toxic products have made their way into the places where we eat, sleep, bathe and relax. Take one look under your kitchen sink and you'll see them: floor, drain and oven cleaners, furniture polish, stain removers and air fresheners—these are just some of the products that we use regularly to clean our homes. Unfortunately, these 'home care products' can have serious health and environmental effects over time.



But how do you know what's safe? It's hard to be a well-informed consumer and make 'non-toxic' choices when most cleaning products don't have a list of ingredients on their label. Just because the label says it's "environmentally friendly" or "biodegradable" doesn't mean it's really safe for the environment. Did you know that some biodegradable products break down into chemicals that are more harmful to the environment than the original product? For example, a chemical in most laundry detergents (nonylphenol ethoxylate) breaks down into nonylphenols, compounds that are harmful to hormones that control growth, reproduction and development in animals, including humans.

Fortunately, you don't have to choose your cleaning products based on trust alone. This brochure will guide you through the unmapped backcountry of non-toxic cleaning.

Today, more and more non-toxic alternative products are appearing in stores, with all their ingredients clearly printed on the label so you know what you're buying. Also, some of the recipes your grandmother used are wonderful, not to mention inexpensive, substitutes for the more toxic products you've been using—and they work well. A ToxicSmart home is easier than you ever imagined. Read on to find out how!

Ingredients To Avoid In Household Cleaners

Chlorine and chlorine compounds

Chlorine is a pungent gas created through the electrolysis of salt water. Not only does this process create a very toxic chemical, it also produces deadly by-products such as dioxins. The use of chlorine bleach, which is found in a variety of household cleaning products, creates small amounts of organochlorines that are very dangerous compounds. They can cause reproductive, endocrine and immune system disorders. When released into the environment, chlorine forms compounds that have been linked to cancer.

Ammonia

Ammonia is a toxic chemical that is very irritating to your eyes, lungs, nose and throat. It can cause burning sensations in the respiratory tract, as well as headaches, nausea and coughing. Ammonia also adds nitrogen to the environment, which can be harmful to fish and plants.

Surfactants

A surfactant ("surface active ingredient") is the chemical in detergents and other products that makes the suds. Most surfactants are petroleum-based or synthetic, and are toxic to fish until the chemicals biodegrade. The common group of surfactant nonylphenol ethoxylates, which are found in hair colourants, shampoos, and hair styling aids, are also called nonoxynol or octoxynol. Nonylphenol ethoxylates break down into nonyphenols, chemicals that are slow to biodegrade. They're known as "gender-benders" as they have been shown to cause male fish near sewage outfalls to take on female characteristics. They may be causing long-term damage to human growth and reproductive systems as well.

Phosphates

Phosphates have long been used in laundry detergents. Though they are natural minerals and not acutely or chronically toxic, their use causes an overload of nutrients into the environment. This results in harmful over-growth of algae that in turn depletes the water of oxygen, which is lethal for fish. Federal regulations limit the amount of phosphates in laundry detergent, however they can still be found in larger quantities in cleaning products such as automatic dishwashing detergents.

shopping list

What to look for when buying household products

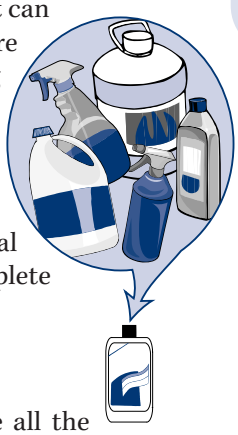
- ✓ Phosphate free
- ✓ Non-toxic
- ✓ Water or vegetable based
- ✓ Easy to understand, complete list of ingredients on the container
- ✓ No ingredients with "chlor" in their name
- ✓ Reduced and/or recycled packaging
- ✓ Pump spray instead of aerosol

Some things to avoid

- X All automatic dishwashing detergents, unless they are non-toxic (otherwise they contain chlorine)
- X Anti-bacterial products; they contain harmful chemicals and kill both good and bad bacteria
- X Flammable products

So What Can I Use To Clean My House?

The first step is to set up your own Safe Cleaning Kit (right). The ingredients are effective, requiring only the addition of a little elbow grease. They also make "dollars and sense". If your home contains separate products for cleaning floors, toilets, ovens, drains, laundry, dishes, etc., you've probably spent a lot of money. Your Safe Cleaning Kit can cost less than $25, and all the products are readily available. Buying non-toxic cleaning products is also an option. Product recommendations in this brochure are based on a review of a complete ingredient list, including inert ingredients. We are unable to recommend other commercial products claiming to be non-toxic as complete ingredient lists were not made available.



All-purpose Cleaners

One good all-purpose cleaner can replace all the specialty products used to clean counters, walls, floors, tiles and woodwork. This reduces the amount of chemicals, such as ammonia and chlorine, to which you and your family are exposed. And it can save you money.

Safe Cleaning Kit

- baking soda
- liquid soap
- steel wool
- vegetable oil
- washing soda
- white vinegar

Good Options:

- Seventh Generation All-Purpose Cleaner
- Earth Friendly Products Cream Cleanser

Best:

- Mix 125ml pure soap (such as Dr. Bronner's Castile Soap) with 4 litres of hot water. To help cut grease, add 60ml reconstituted or strained, freshly squeezed lemon juice.
- Dissolve 60ml of baking soda in 1 litre of hot water.
- Mix equal parts vinegar and salt.

Bathroom Cleaners & Disinfectants

Keeping our bathrooms 'germ free' has become today's new obsession. Ironically, rather than making our homes healthier, the disinfectants themselves contain chemicals that are harmful to our health. Many disinfectants contain cresol, a chemical easily absorbed through the skin and lungs. They may also contain phenol, ethanol, formaldehyde, ammonia and chlorine. Breathing in the vapours of any of these on a regular basis can cause long-term health problems.

Bathroom cleaners also contain harsh abrasives that gradually scratch the finishes of sinks and bathtubs. Chlorine bleach can dull finishes over time. Once the surface becomes dull and rough, it will get dirty faster and stain deeper—and then it becomes almost impossible to keep clean.

Good Options:

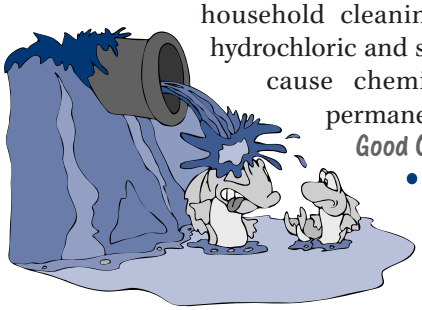
- Nature Clean Kitchen and Bath Spray Cleaner
- Nature Clean Tub and Tile Cream Cleanser
- Seventh Generation Bathroom Cleaner
- 20 Mule Team Borax. Mix 1/2 cup borax in 1 gallon of hot water for an effective disinfectant.
  Note: while borax is also one of the least hazardous domestic cleaning products, it is not without an environmental impact—it contains a higher level of arsenic than most other products (30 parts per million), which is why it is also an effective ant killer.

Best:

- Clean surfaces regularly with soap and hot water.
- For tub and tile, use a firm bristled brush with plain baking soda or a mixture of 125ml pure soap and 4 litres of hot water, with baking soda added.
- For mould and mildew, rub tiles and grout with a cloth moistened with vinegar, then scrub with an old toothbrush or nail brush.
  Note: Chronic mildew is probably caused by a structural problem in your home and this should be dealt with as soon as possible.

Drain Cleaners

Chemical drain cleaners are probably the most dangerous household cleaning product available. The lye, hydrochloric and sulphuric acids they contain can cause chemical burns to the skin and permanent eye damage.



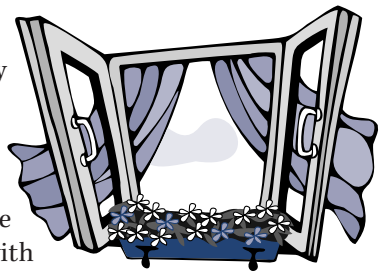
Good Option:

- There are no good commercial alternatives.

Best:

- Prevention—cover your sinks, tubs and shower drains with screens or drain baskets to keep out food scraps and hair. Never pour grease down the drain (collect it in an empty can; when full, place contents in trash). These preventive steps are especially important if you're on a septic system, as too much hair or grease can cause these systems to fail.
- To clear a grease clog, try a plunger first. If this doesn't work, pour 125ml of baking soda down the drain, followed by 125ml white vinegar; cover the drain and sink overflow vent until the fizzing stops then flush with hot water. This chemical reaction can break fatty acids down into soap and glycerine, allowing the clog to wash down the drain.

  Note: Do not use this method after trying a commercial drain opener, as the vinegar can react with chemical residues in the drain and create dangerous fumes.
- If a hair or food clog does occur, use a plunger or metal plumber's snake (available in hardware stores). This sort of clog is usually in the U bend, which may have to be removed for successful cleaning.
- To maintain clean drains, mix 125ml baking soda, 125 ml salt and 30 ml cream of tartar; place this in the drain and immediately follow with hot water.



Glass Cleaners

Most glass cleaners are simply water mixed with ammonia, and dyed blue or green. Although ammonia bottle labels must contain 'Poison' warnings, glass cleaners are not required to do so—yet ammonia vapours from glass cleaners are highly irritating to the lungs and eyes.

If you already have a bottle of ammonia in your home, one way to use it up is by mixing 125ml rubbing alcohol with 30ml ammonia in a one litre spray bottle and fill with water.

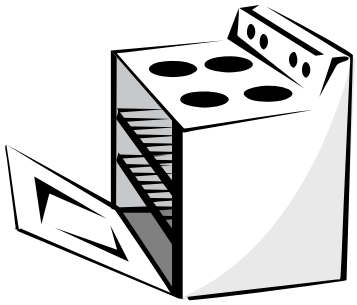
Good Options:

- Nature Clean Window and Glass Cleaner
- Seventh Generation Glass and Surface Cleaner

Best:

- Add 65ml vinegar OR 15ml lemon juice to a one litre spray bottle, then fill with warm water. Polish with newspaper (this helps avoid streaks). If you're switching from a commercial cleaner to this recipe, before you start, use a 5% solution of rubbing alcohol to clean off the residual wax left from some commercial glass cleaners. To do this, mix a 5% solution from 70% alcohol (i.e., add 45 ml 70% alcohol to 595 ml water).

Oven Cleaners



Most commercial oven cleaners contain lye. This powerful, caustic substance can burn skin; exposure to the fumes can scar your lungs and contact with your eyes can cause blindness.

Good Options:

- Nature Clean All Natural Oven and Barbecue Cleaner
- Easy Off Non-Caustic Formula (contains no lye)

Best:

- Wipe away grease and spills in the oven after each use, or put an aluminium foil liner on the oven bottom to catch spills and reduce the need for an oven cleaner.
- Sprinkle baking soda on moist surface OR add baking soda to a mixture of 250ml pure soap, 120ml lemon juice and 4 litres of hot water. Scrub with steel wool (remember to wear gloves while scrubbing).
- Sprinkle 1 cup of baking soda over the bottom of the oven, then cover with enough water to make a thick paste. Leave overnight, then wipe away.
- For remaining dirt or extremely resistant black spots, remove with non-toxic dish soap and scrubby pad. You can also use steel wool or a pumice stone for stubborn black spots.

Scouring Cleansers

Commercial scouring cleaners usually combine a sudsing agent with an abrasive powder. The abrasive in some is silica, which can be very dangerous if inhaled. Many scouring cleaners also contain chlorine bleach, and they give off hazardous gases if mixed with ammonia or acid cleaners (e.g. toilet bowl and some bathroom cleaners). The fumes are highly irritating to eyes, nose, throat and lungs.

Good Options:

- Nature Clean Tub and Tile Cream Cleanser
- Earth Friendly Products Cream Cleanser
- Borax powder, on a damp cloth (see note re: Borax under Bathroom cleaners)

Best:

- Baking soda, or a paste made with pure soap and baking soda; scrub with scouring pad or old cloth.

Toilet Bowl Cleaners

Before buying toilet bowl cleaners, ask yourself: is this specialized product really necessary? Remember that most commercial toilet bowl cleaners are strong acids that can burn skin and eye tissue.

Good Options:

- Nature Clean All Natural Toilet Bowl Cleaner
- Seventh Generation Toilet Bowl Cleaner
- Earth Friendly Products Toilet Bowl Cleaner
- A paste made from Borax and lemon juice; let stand, then scrub. (see note re: Borax under Bathroom cleaners)

Best:

- Regular cleaning with pure soap and water OR baking soda.
- If porcelain is old or damaged, or your water has high mineral content, rub stains carefully with fine wet/dry sandpaper.
- For stubborn calcium stains, drop 1000 mg of vitamin C into the bowl, leave overnight, and then scrub (vitamin C breaks down calcium).

Laundry Cleaners

Detergents

Most synthetic detergents are made from petrochemicals. Also, contrary to popular belief, many still contain some phosphates, which promote an over-growth of algae in rivers and lakes, thereby harming fish and other aquatic life. Some detergents also contain chlorine bleach. All detergents contain chemicals called surfactants, which is what makes the suds. These chemicals are often the most harmful ingredients in laundry detergent, even though you don't often see them listed on the product labels.

Good Options:

- Vegetable based liquid detergents that use coconut oil as their surfactant.
  - Nature Clean All Natural Laundry (Liquid or Powder)
  - Seventh Generation Laundry Detergent (Liquid or Powder)
- Borax (manufacture recommends 125ml per average load of laundry however, you can use less with good results). Add equal amount of washing soda (hydrated sodium carbonate, a safe, naturally occurring mineral) to enhance the effectiveness of the Borax and soften the water. (see note re: Borax under Bathroom cleaners)

Best:

- Add 80ml washing soda to water as the machine is filling. Put in clothes, then add 375ml of pure soap flakes or

powder (not detergent). An easy way to add suds to your wash is by keeping the old ends of pure soap bars (e.g. Ivory) in a plastic jar and add water; with each laundry load, pour off the sudsy concentrated liquid into the machine then top up with more water for next time. This uses up old soap bits and gives you a few suds for the washer at no extra cost!

- For heavily soiled items, pre-soak in warm water with 125ml washing soda for 30 minutes, then rub soiled areas with liquid soap or a solution of 30ml washing soda in 250ml warm water.

Note: When switching from detergent to pure soap, wash items once with 80ml washing soda only. This will remove detergent residues that might react with soap and cause yellowing.

- Try no detergent at all! Many people report good success using just plain water.

Remember: Many of us have come to believe that clothes are clean when they 'smell clean'. The problem is that smell comes from chemicals added to the detergent and has nothing to do with whether you clothes are clean or not. The solutions above won't give you that perfumed smell; instead, they'll get your clothes clean, with no extras you don't want. If you want your clothes to smell sweet, try adding a sachet to your closet or drawers.

Bleach

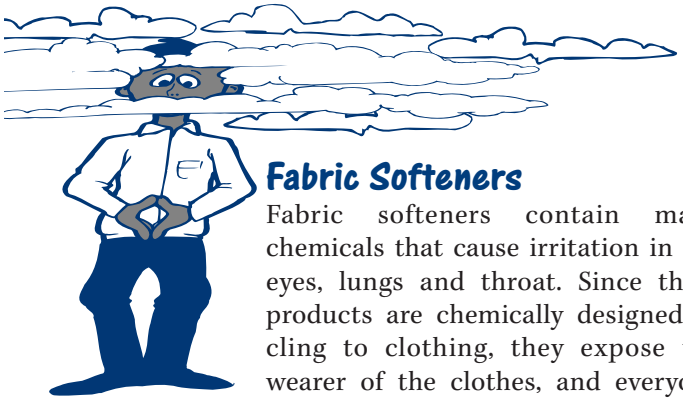
Chlorine bleach gets your clothes white and your bathroom clean, but the health and environmental risks are very high. Chlorine is an eye irritant and vapours can irritate lungs. Mixed with ammonia or other acids, it reacts to give off hazardous gases. Chlorine is probably the most common chemical entering sewage plants, and depending on the level of treatment, can go straight into the marine environment, where it enters the food chain and harms fish and wildlife.

Good Options:

- Hydrogen peroxide bleaches. Hydrogen peroxide breaks down in the environment into oxygen and water.
  - Nature Clean Non-Chlorine Bleach
  - Seventh Generation Non-Chlorine Bleach

Best:

- 125ml of washing soda in each load of laundry will whiten whites and brighten colours. (If you need additional cleaning power, add 125ml of borax as well.)
- The best disinfectant in the world: sunshine! Instead of pouring bleach over your cutting board or adding bleach to your laundry, put them out in the sun for an hour. Your clothes will also have a fresh smell that comes from nature, not chemical perfumes.



Fabric Softeners

Fabric softeners contain many chemicals that cause irritation in the eyes, lungs and throat. Since these products are chemically designed to cling to clothing, they expose the wearer of the clothes, and everyone around them, to toxic chemicals. Fabric softeners contain isopropyl alcohol, a combustible ingredient (also found in antifreeze) that is a moderate eye irritant and neurotoxic at high concentrations. It can also contain chloroform (a neurotoxic), ethyl acetate (a narcotic) and benzyl acetate (a carcinogen). Another problem with fabric softeners is that the fumes don't just stay in your home, but are spread throughout the neighbourhood, causing difficulties for people with chemical sensitivities.

Good Options:

- Nature Clean All Natural Fabric Softener
- Seventh Generation Fabric Softener

Best:

- If the water is hard, add 60ml vinegar or a 1/4 cup of washing soda during the first rinse.

Stain Removers

Commercial spot removers often contain toxic solvents, such as petroleum naphtha or chlorinated hydrocarbons, some of which are harmful to the earth's protective ozone layer—essential to protect people, plants and animals from the harmful effects of too much ultraviolet radiation.

Good Option:

- Nature Clean All Natural Laundry Stain Remover

Best:

- The quicker you treat a stain, the better the chance of eliminating it. Start by spot test fabric first (this applies to commercial products as well). If discoloration begins to occur, quickly neutralize (e.g. an acid such as lemon juice or vinegar can be neutralized by an alkaline such as baking soda and vice versa).

See more Stain Solutions on next page.

Other Household Products

Air Fresheners

Commercial air fresheners and deodorizers contain known toxins, such as naphthalene, phenol, cresol, ethanol, xylene, and formaldehyde. These products work in one of three ways: by covering up odours with a stronger 'more pleasant' (but often unhealthy) chemical smell; by deadening your ability to smell, with a nerve-destroying agent; or by coating your nasal passages with oil. Many people with allergies, asthma and other respiratory problems are negatively affected by inhaling the fumes from air fresheners, and the chemicals used in them are associated with a number of health problems.

Good Option:

- Since most air fresheners work as described above, there are no substantially less toxic commercial alternatives.

Best:

- Open your windows and doors to air out the house.
- Put baking soda in refrigerators, garbage cans and kitty litter pans to reduce odours.
- Use leftover lemon rinds to deodorize garbage pails.
- Place white vinegar or baking soda in small dishes to absorb odours.
- Boil cinnamon and cloves in water to scent the air.
- Burn scented candles made from beeswax or soybeans only. (Other types of candles, made of paraffin, release toxins into the air.)
- Though solid incense is considered non-toxic, remember that any smoke is a source of indoor pollution. A better option would be to use a diffuser with essential oils.
- Houseplants absorb pollutants and purify the air. Spider plants in particular absorb indoor air pollutants.
- To freshen your carpets, sprinkle cornstarch or baking soda, wait 15 minutes, then vacuum. (Don't leave baking soda any longer or it might leave light spots.)

Stain Solutions

Blood

- Pour hydrogen peroxide on the stain and rinse in lukewarm water.
- Immediately pour salt or club soda on the stain and soak in cold water. (Keep a bottle of club soda in the fridge.)
- For more stubborn stains, mix cornstarch with talcum powder or cornmeal. Add water to create a paste, and then apply mixture to stain. Let dry, then brush away.

Chewing gum

- Rub with ice until it becomes so hard, the gum will flake off.

Coffee or chocolate

- Soak in cold water, rub with soap and a mild borax solution, rinse, then wash in very hot water.
- Mix egg yolk with lukewarm water and rub on stain.
- For stains on coffee cups or pots, rub with moist salt or baking soda, or a mixture of salt and vinegar.

Fruit or wine

- Immediately wet the stain and pour salt or club soda on it, let sit for a while, then soak in water or milk before washing.
- If you don't catch the stain immediately, pour boiling or very hot water over it, then soak in hot water.

Ink

- Ballpoint: sponge with rubbing alcohol, rub with soap, rinse and wash OR soak in milk.
- Felt-tip: rub with soap, rinse and wash.

Lipstick

- Rub with cold cream or shortening to dissolve the colour, then rinse with solution of soap and washing soda in warm water to remove the grease. Wash in soapy water as hot as the fabric will stand.

Mildew

- Pour soap and salt on the spots, rinse and dry in sunlight.
- Spray with vinegar or lemon juice and place in sunlight. Keep spots moist and repeat as often as necessary.
- Soak in equal parts white vinegar and salt, rinse and dry in sunlight.

Oils or grease

- For cottons, pour boiling water through the fabric to wet it then rub it with dry baking soda, or rub with a washing soda/water paste. (Note: Check washing instructions before applying boiling water or choosing washing temperature.)
- For other materials, blot with towel, dampen stain with water and rub with soap (or a citrus based product such as Nature Clean Natural Dishwashing Liquid) and baking soda. Follow by washing in water as hot as possible, using extra soap.
- Rub white chalk into stain before washing.

Perspiration

- Rub stain with equal parts white vinegar and water, then rinse.

Rust

- Saturate with sour milk, buttermilk or lemon juice, then rub with salt. Place in direct sunlight until dry, then wash.

Scorches

- Gently boil scorched article in 250ml soap and 2 litres of milk.
- Rub with grated onion, wash.

Soiled diapers

- Pre-soak in 45ml baking soda dissolved in warm water in a tub or washing machine.
- Half fill pail with water; add quarter cup hydrogen peroxide.

Dishwashing Detergents

Automatic

Automatic dishwashing detergents are more hazardous than hand washing in three important ways:

- Water reacts with dry chlorine in the detergent, releasing chlorine fumes into the dishwasher and eventually into the kitchen air. Breathing in these fumes causes symptoms such as headaches, fatigue, burning eyes, and difficulty breathing.
- A thin film of detergent can dry on your dishes and be ingested in small amounts every time you eat or drink.
- Some automatic dishwashing detergents still contain high concentrations of phosphates.

Good Options:

- Nature Clean Automatic Dishwasher Powder
- Seventh Generation Automatic Dishwashing Powder or Gel

Best:

- One tablespoon of washing soda per load

By Hand

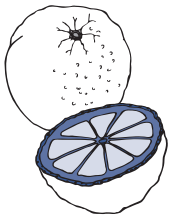
Though marketed to be mild and soft on your hands, hand dishwashing soap can also contain harmful chemicals including phosphates, ammonia, perfumes and surfactants.

Good Options:

- Nature Clean Natural Dishwashing Liquid
- Seventh Generation Dish Liquid (various forms)

Best:

- Sea salt, lemon juice, and a few drops of orange essential oil



Furniture & Floor Polishes

Most store-bought polishes contain solvents that are harmful to the environment. Many of these toxic ingredients are absorbed through the skin, including phenol (found in most wood polishes), which has been linked to cancer in animals, and nitrobenzene, which can cause skin discoloration and irritation, shallow breathing, vomiting and death, and is associated with cancer and birth defects. The fumes emitted by these products can also contaminate your home long after application.

Another concern is that aerosol sprays are wasteful and many contain gases that are environmentally destructive. The new generation of aerosol sprays don't contain Freon but other propellants have replaced it. They include petroleum products such as isobutane, propane and n-butane, as well as carbon dioxide and nitrogen, and compressed air. As a result, these sprays may no longer destroy the earth's protective ozone shield, but do contribute to air pollution.

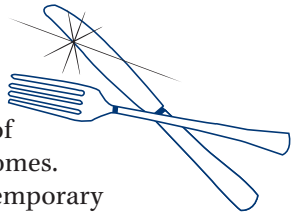
Good Option:

- Earth Friendly Products Furniture Polish

Best:

- **Furniture:**
  - Use almond oil, olive oil or a combination of olive oil and lemon juice for unvarnished furniture. For extra protection for your finished wooden furniture, polish it once a year with Butcher's™ wax.
  - Mix 1 teaspoon of lemon juice in 500 ml mineral or vegetable oil. Apply a small amount to a clean cotton cloth and wipe wooden parts of varnished furniture.
- **Floor polish**
  - Melt 30ml of paraffin wax in a double boiler; add 1 litre mineral oil and a few drops of lemon oil. Apply with a rag, allow to dry and polish.

Metal Polishes



Many metal cleaners and polishes contain petroleum distillates, ammonia or other hazardous ingredients, the fumes of which cause air pollution inside homes. Short-term exposure can cause temporary eye clouding; longer exposure can damage the nervous system, skin, kidneys, and eyes.

Good Option:

- Twinkle Silver and Copper Polishes.

Best:

- Copper: lemon juice and hot vinegar or a little salt; apply with a dry rag.
- Chrome: polish with white flour or rubbing alcohol and a dry rag.
- Brass: equal parts salt and flour with a little vinegar.
- Silver: a paste of baking soda and water.

  Note: We do not recommend the old-fashioned and very effective method of polishing silver by dipping it into a large pan of boiling water with salt, baking soda and a strip of aluminium, because this gives off toxic hydrogen sulphide.

Other Household Products... continued

Mothballs

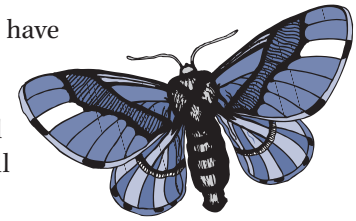
Mothballs are made of either napthalene or paradichlorobenzene. Both of these substances are toxic and have been associated with cancers. Mothballs are also dangerous in that they look like candy to young children. A two-year-old child who eats just one mothball can develop seizures in less than an hour.

Good Option:

- We are not aware of any non-toxic commercial product to keep moths away from clothes.

Best:

- Store woollens with cedar blocks or in cedar chests, or in a gauze bag containing cedar chips.
- Clothes can also be stored with 2 handfuls each of dried lavender and rosemary, plus 15ml each of fresh cloves and dried lemon peel.
- If you suspect your clothes have been infested with moths, place them in a plastic bag in the freezer for several days. This will kill all moths and moth eggs.



Disposal

If you've decided to start using non-toxic products in your home, you're probably facing this daunting question: What do I do with all the cleaners I already have? Depending on how toxic they are, the simplest thing may be to continue using the products until they are gone, then replace them with non-toxic alternatives. If you'd prefer not to do this, please don't dump them down the drain! Call the BC Recycling Hotline (1-800-667-4321) to find out how and where you can dispose of them.

Assessments of products in this fact sheet are based on research conducted by the Washington Toxics Coalition (www.watoxics.org), which looked at short and long term human health effects of exposure, flammability, reactivity and environmental impacts. The ratings are for informational purposes only and may not be used for advertising or any other commercial purpose. Thanks also to the Clean Water Fund, New Jersey, for additional information. Other sources of information include *Seventh Generation Guide to a Toxic Free Home* (information available at www.seventhgeneration.com). For more indepth information, contact Georgia Strait Alliance about our *ToxicSmart Resource Guide*. Product recommendations are based on a review of a complete ingredient list, including inert ingredients. We are not able to recommend other commercial products claiming to be non-toxic as complete ingredient lists were not made available.

Caring for our Coastal Waters

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Donate online at www.GeorgiaStrait.org OR send in this form.

Enclosed is my tax deductible donation of ○ $500 ○ $250 ○ $100 ○ $50 ○ $30 ○ Other $ _____

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○ Individual ○ Family ○ Organization ○ Business (Associate Member; $100 suggested donation)

○ Please send me information on how I can become a monthly donor.

○ Enclosed is $ _____ for _____ additional copies of ToxicSmart #1 (ALTERNATIVES TO HOUSEHOLD CLEANERS).

Please send me a sample copy of ○ ToxicSmart #2 (ALTERNATIVES TO PESTICIDES) and/or ○ ToxicSmart #3 (ALTERNATIVES TO SOLVENTS).

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Please make cheques payable to Georgia Strait Alliance. We also accept VISA and MasterCard by phone (250-753-3459) or mail this form to: Georgia Strait Alliance, 195 Commercial St., Nanaimo, BC V9R 5G5.

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