

Cleaning Without Toxins

Buy cleaner products

look for products with safer ingredients, such as cleaning products labeled:

- Nontoxic
- Chlorine-free
- Phosphate-free
- Biodegradable
- Bio-based
- Organic
- Natural fragrance

Avoid:

Nonylphenol ethoxylates (NPE) found in detergents, stain removers and citrus cleaners, Ammonia, Chlorine Bleach, Diethanolamine, Phosphates

Antibacterial soap and disposable wipes have not been proven to be more effective than regular soap in preventing infection among average consumers.

SOURCE: MOTHER EARTH NEWS

To learn more about the health risks associated with ingredients found in household cleansers, visit:
www.householdproducts.nlm.nih.gov

The toxic impact

Cleaning products were responsible for nearly 10 percent of all toxic exposures reported to U.S. Poison Control Centers

in 2000, accounting for 206,636 calls. Of these, nearly two-thirds involved children under six, who can swallow or spill cleaners stored or left open inside the home.



According to the U.S. Environmental Protection Agency, **the air inside the typical home is on average 2-5 times**



more polluted than the air just outside—and in extreme cases 100 times more contaminated—largely because of household cleaners and pesticides.

5 water-saving tips:

1. Keep a pitcher in your fridge

Letting the tap run for one minute to get cold water can waste up to 3 gallons. Instead, fill a pitcher and keep it cold in your refrigerator.

2. Install a faucet aerator

An aerator, which restricts water flow, can cut your annual water consumption by up to 50%.

3. Use a dishwasher and don't pre-wash dishes

You'll use up to 35 percent less water by doing a full load of dishes, which haven't been pre-rinsed, in your dishwasher instead of by hand. You can also save about 15 percent on total dishwasher energy use if you select the air-dry setting or open the dishwasher's door instead of using its drying cycle.

4. Turn off the water when brushing your teeth

Running water uses 1-3 gallons of water a minute. Turning off the tap while your brushing your teeth, shaving or drying your hands can save between 5 and 15 gallons of water!

5. Install water saving fixtures

A low-flow toilet only uses 1.6 gallons per flush, while a pre-1994 model requires about 3.5 gallons. If you keep your shower to seven minutes under a low-flow showerhead, you'll use about 14 gallons of water.

Rain Barrels

Using a rain barrel helps reduce the need to pull from drinking water to water plants. 625 gallons of water can be collected from a 1,000 sq.ft. roof after just one inch of rain!

Life without electricity...

It's hard to imagine. That's because we depend on electricity for nearly everything we do.

Electricity has become our most prevalent form of energy. It drives our nation's economy and powers smart technologies that enhance our quality of life.

YOU CAN:

- Purchase your electricity from renewable sources
- Reduce your electricity use and use it more efficiently

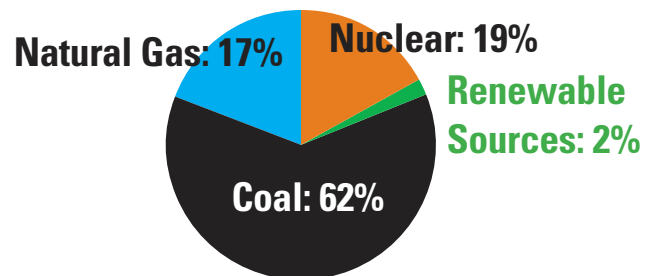
See the handouts for more information

Did you know?

The main sources of electric energy in Wisconsin are coal and nuclear.

On most days the majority of your electric energy comes from coal and nuclear power plants, with a small amount coming from renewables. During periods of hot or cold weather, our usage increases and additional electricity is produced from natural gas fired power plants.

ELECTRIC ENERGY SOURCES IN WISCONSIN



What is energy conservation?

Energy conservation is reducing your energy use and using energy more efficiently.

Use:



Compact Fluorescents



Setback Thermostats



Cold water for washing

What are the benefits?

By conserving energy you can significantly:

- Reduce the cost of your utility bill,
- Reduce your utility's costs of building power plants, and
- Reduce the environmental impacts from generating electricity.

How affordable is it?

- There are many things you can do to conserve energy that will not cost you any money at all,
- There are also lots of things you can do that will cost less than \$5, \$10 or \$20 and,
- There are some larger projects that can cost up to \$100 to \$1,000 or more.

How can I learn more?

- Contact Focus on Energy at "focusonenergy.com" or call 1-800-762-7077,
- Contact Madison Gas & Electric at "mge.com" or 1-608-252-7117, or
- Pick up information you are interested in that is listed in the "Checklist of Available Information about Energy Conservation" located below.

What is renewable energy?

Renewable electric energy uses more environmental friendly sources such as wind, hydro, biomass and solar rather than the traditional electric energy sources of coal, nuclear, and natural gas.



Wind



Biomass



Water

What are the benefits?

People who use renewable electric energy reduce their impact on the environment and help support our country's energy independence by using more local energy sources. You can help increase the use of wind and other renewable energy sources rather than use of coal or natural gas.

How affordable is it?

The programs vary by utility and can provide renewable energy from 25% up to 100% of your typical use. It appears to cost from an extra \$3 up to \$12 per month above your current electric bill.

Where can I get it?

You can get renewable electric energy from your local electric utility. When you sign-up your local utility will increase the level of renewable energy to cover your electric use. Refer to the handout for more details.

Reducing Landfill Contents

Paper...

Paper sacks generate 70% more air and 50 times more water pollutants than plastic bags.

...or Plastic?

Plastic bags do not decompose, but break down into smaller toxic bits that contaminate our soil and water.

Or, use cloth!

Each high-quality reusable bag has the potential to eliminate 1,000 plastic bags over a lifetime, and pay for itself with grocery store credits.

Disposable Diapers

Disposable diapers are the third largest consumer item in landfills. Compared to cloth diapers, throwaway diapers create 60 times more waste.

It takes 7 billion gallons of oil every year to produce disposable diapers. That's 2 billion more oil than the entire state of Wisconsin uses all year!



Or, use cloth diapers or a diaper service!

Quality cotton diapers can last up to 100 washings, and are recyclable. Diaper services provide professionally cleaned cloth diapers.

The Water Bottle Dilemma

Why water bottles are causing problems...

Like all plastic, these bottles will be with us forever since plastic does not biodegrade; rather, it breaks down into smaller and smaller toxic bits that contaminate our soil and waterways.

About 40 million water bottles are thrown away daily, adding to landfill waste. 1.5 million barrels of oil is used annually to produce plastic water bottles for America alone - enough to fuel some 100,000 U.S. cars for a year.

SOURCE: EARTH POLICY INSTITUTE

Water we to do?

- Use a refillable water bottle instead of buying water and throwing away the plastic water bottles.



\$2 Tap Water?

According to the National Resources Defense Council tap water is just as safe as bottled water. Many brands of bottled water including Aquafina and Dasani come from municipal water supplies.