

Many everyday house and garden products contain toxic chemicals that can expose you and your family to harmful fumes, skin or eye irritants, cancer-causing chemicals, or chemicals that cause other problems. Pouring these chemicals down the drain, dumping them in the backyard, or tossing them in the trash means these toxics can enter septic systems, local rivers and streams, groundwater, landfills, or incinerators, putting your family further at risk.

Managing household toxics includes proper use and storage, using up products completely or recycling them, and using safer alternatives.



All you need to clean without harm are five basic, inexpensive ingredients:

baking soda  
washing soda  
borax  
lemon juice  
white vinegar

Make the switch to safer housecleaning today!



## Natural Resources Council of Maine

### Protecting the Nature of Maine

Since 1959, people who love Maine have trusted the Natural Resources Council of Maine, the state's most effective member-supported nonprofit working for Maine's environment. We harness the power of science, the law, and more than 25,000 members and supporters across Maine and beyond to protect our air, waters, and forests.

When you become a member, your support helps NRCM

- Stop corporate lobbyists from polluting and spoiling our state;
- Watchdog agencies to make sure existing laws protecting the health of our people and environment are followed; and
- Fight for new laws to safeguard Maine's land, water, and air, now and for generations to come.

For more information about the Natural Resources Council of Maine or to become a member, contact us at

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Visit us online at [nrcm.org](http://nrcm.org)

## Clean and Healthy Housekeeping



Toxic-free solutions for your home, yard, and garden.



Artwork by Toki Oshima

Printed on processed chlorine-free, 100% post-consumer recycled paper.



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