

FEATHERING YOUR NEST

TRY TO AVOID	CHOOSE
PERSONAL CARE PRODUCTS	
Synthetic fragrances in products such as perfumes, or aftershaves, deodorants, anti-perspirations and body sprays.	Certified organic products by the Soil Association or Cosmos or make your own!
Nail varnish/polish	Vegan and eco brands
Deodorants and antiperspirants	If you really need to use, certified organic (as above) or try making your own
Colour cosmetics	Choose from <u>Soil Association</u> or <u>Cosmos</u> certified range of brands o
CLEANING PRODUCTS	
Highly fragranced laundry products, dryer sheets, fabric conditioners and other cleaning products.	Eco and bio-degradable products – no scent.
Disinfectants and antimicrobials	Hot soap and water – natural disinfectants like lemon juice and vinegar. Eco- friendly cleaning products, bicarb of soda, microfiber, and reusable cloths.
FOOD	
Highly processed food	Fresh fruit and vegetables. Wash before use and peel when needed.
Food grown with pesticides, or fungicides.	Home or locally grown, organic if possible. Look for the organic certification mark from the Soil Association.
Heavily packaged food	Loose fruit, vegetables and produce. Source from farmers markets, BYO, and local small shops if at all possible. Natural wrappings. Unwrap immediately when you get home and store in non-plastic containers.
Plastic containers especially those marked 3 to indicate PVC.	Store food in containers made from glass, stainless steel, or porcelain or pottery.



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Tinned Food with white plastic lining (can contain BPA).	Frozen food.
RENOVATION	
Volatile Organic Compounds (VOCs) containing paint and varnish	No or low VOC paints and varnish
Plastic wallpaper	Paper wallpaper
Adhesive with fungicides	Basic starch based adhesive no additives.
Furniture	
Plastic, chipboard, plywood	Solid wood – new, vintage, or preloved or choose wood products from a sustainably managed forest i.e. with the <u>FSC label</u> .
Varnishes and paint	Salvia resistant, nontoxic paints and varnish. Bee's wax.
Wood treatment products such as fungicides, bactericides, insecticides.	Naturally protected wood.
Wallpapers	
Wallpaper paste/adhesives with added fungicides/antimicrobials	Basic starch based adhesives with no additives
Mattresses and bedding	
Foam or polyurethane mattresses	Organic latex (rubber). Organic wool and cotton. Pocket sprung
PVC mattress covers	Organic cotton
Synthetic or fleece bedding	Look for organic cotton, bamboo viscose or lyocell. and materials marked with the <u>Oeko-Tex Standard 100</u> or <u>Eco-cert</u> label.



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Synthetic pillows and duvets	Goose down duvets (unless allergic), cotton, wool.
Flooring	
Wall to wall carpet	Washable rugs
PVC vinyl tiles or flooring	Hard wood, cork, ceramic, stones, slate or natural lino ie marmoleum
COOKING	
Aluminium pots and pans	Stainless steel or cast iron
Plastic storage containers or bowls	Glass, stainless steel, pottery, ceramic.
TOYS	
Plastic toys or those made from PVC	Cloth toys
Plywood	Solid wood toys
Painted wood toys	Make sure paint is sweat and saliva resistant – may carry the label DIN 53160
Toys with small parts or sharp edges.	Toys without small pieces which could be broken off and swallowed.
CLOTHING	
Teflon stain repellent treatment and other anti-crease treatments, etc	Clothing from natural fibres like wool or cotton, organic if possible or pre-loved baby clothes
Clothing with PVC logos or patterns	Cotton, organic or well washed, natural fibres such as wool.



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PHONES, SMARTPHONES AND WI-FI	
	<p>Although the risks posed by electrical smog have not yet been fully proven, scientists advise caution. Switch off your Wi-Fi when not in use if possible, and try to carry your phone in a bag not in your bra. Do not leave it near your child while switched on.</p>
WET WIPES	Damp face cloth.
DISPOSABLE NAPPIES	Reusable nappies see Real Nappies for London for more info

