Updated: April 2017
This guide draws from resources developed by Stop Waste, the California Green Business Program, Phil Boise (Go Green Rating Scale for Early Childhood Settings), Eco-Healthy Child Care program, and others. For more information contact Kimberly Hazard, kim.hazard@acgov.org, (510) 208-9645.
1. Reduce Waste

1.1. Purchase durable, reusable or refillable products whenever possible.

- **Durable** means staying strong and in good condition over a long period of time. Examples of products that should be durable:
  - Furniture - Read reviews from previous buyers online. Solid wood is more durable than particle board and has less risk of containing harmful formaldehyde.
  - Play yard equipment – Purchase items made from recycled plastic or recycled plastic/wood composite materials, which are inherently durable and weather-resistant.

- **Reusable** means the item is made to be used several times. Replace disposable items with reusable items whenever possible. Examples:
  - Dishwasher-safe dishes and food serving ware. Non-plastic materials are preferred, see Appendix A for examples.
  - Water bottles (non-plastic materials are preferred)
  - Dishes for paint, glue and other craft supplies
  - Rechargeable batteries
  - File folders
  - Storage boxes

- **Refillable** products are any supplies that can be refilled for reuse. Examples:
  - Rolls of adhesive tape in a reusable tape dispenser
  - Refillable computer ink cartridges
  - Refillable pens
  - Refillable soap dispensers

1.2. Purchase products with less packaging. Reusable, recyclable or compostable packaging is preferred.

- Look for **minimal packaging** which means there is no more than one layer of encompassing protective or bundling material. Example: If bundles of paper towels are covered in plastic wrap, the individual roll should not also be covered in plastic wrap.

- Plastic wrap and foam peanuts often cannot be recycled. Look for packaging that has a recycling code, or is made of another recyclable or compostable material, like paper.

- Some types of packaging, like many food containers and jars, can be repurposed before being recycled or trashed.

- Compostable plastic packaging should be certified by BPI (Biodegradable Products Institute).

- Consider using bulk food stations where you can fill reusable containers with grocery items like nuts and grains.

---

Child Care Center Regulations on Sanitizing & Disinfecting: Washing Reusable Dishes

Title 22, Division 12
Chapter 1, Article 06. Continuing Requirements
101227 Food Services

All dishes and utensils used for eating and drinking, and in the preparation of food and drink, shall be cleaned and sanitized after each use.

(A) Dishwashing machines shall reach a temperature of 165 degrees F (74 degrees C) during the washing and/or drying cycle to ensure that dishes and utensils are cleaned and sanitized.

(B) Centers not using dishwashing machines shall clean and sanitize dishes and utensils by an alternative comparable method.
1.3. Avoid purchase of polystyrene (Styrofoam) products.

- Styrofoam cannot be recycled, never breaks down in the environment, and leaches harmful styrene chemicals, especially when heated.
- Opt for reusable dishes (preferred) or paper ware which can be composted.

1.4. Avoid purchase of single-serving plastic water bottles for use by staff or children.

- Do not buy single-use plastic water bottles. If providing reusable bottles to children, they should be stainless steel (preferred) or BPA-free (bisphenol A-free) plastic.
- If children bring water bottles from home, write a suggestion or policy in the family handbook that water bottles should be stainless steel, glass or BPA-free plastic.

1.5. Purchase or accept donations of remanufactured or gently used items if safe.

- Some products can prevent waste by being remanufactured or refurbished into a newly usable product. When remanufactured, these products often cost less and perform comparably to new products. It is suggested that purchases of these types of products be made whenever practicable, as long as safety, performance and cost standards continue to be met.
  
  Examples:
  
  - Air Conditioning Units
  - Carpet Tiles
  - Computer Equipment
  - Office Furniture
  - Toner Cartridges
    - For more information on purchasing remanufactured toner cartridges, see StopWaste’s Fact Sheet on Remanufactured Toner Cartridges in Alameda County.
  - Gently used means used items appearing nearly new, without blemishes, stains, or tears from use, and with the majority of the expected function of the item intact.
    - Example: Before heading out to a toy store, check your neighborhood for a swap or store that sells second hand items. Often you can find toys that have been hardly touched for a fraction of what they would cost new. Be sure to check for recalls from the U.S. Consumer Product Safety Commission.
  - Items are safe if they meet the program’s health and safety requirements.
  - Items should be Consumer Product Safety Improvement Act (CPSIA) compliant.

2. Buy Recycled Content Products

2.1. Office paper shall contain at least 30% post-consumer waste recycled content.

2.2. Paper towels shall contain at least 35% post-consumer waste recycled content.

- 30% postconsumer waste (PCW) means that 30 percent of the product is made from previously used material.
- Confirm that items are at least 30 or 35 percent PCW by checking the labels on products and/or by reviewing purchase receipts.
- Paper certified by Green Seal contains at least 50% PCW recycled content for paper towels, and 30% PCW for writing and printing paper.
- Post-consumer vs. pre-consumer recycled content:
When a product is made from pre-consumer recycled content, it’s made from manufacturer waste that never actually made it to the consumer for one reason or another: scraps, rejects, trimmings — the stuff that ends up on the factory floor and is repurposed into something new rather than trashed.

A product made from post-consumer content is made from waste that’s been used by a consumer, disposed of, and diverted from landfills — stuff like the aluminum cans and newspapers that you place in your recycling bin for pick-up.

Then there are just “recycled content” products without either “PC” affix. This is just a catchall phrase. Something labeled as being made from recycled content could contain either pre- or post-consumer waste or a combination of the two. Generally, when a product contains high levels of post-consumer waste, it’s specified as so.

- Purchasing products that contain recycled content, particularly postconsumer not just pre-consumer recycled content, creates markets for materials that are collected in recycling programs and saves valuable natural resources.
- For more information on purchasing janitorial paper products, visit [http://www.stopwaste.org/resource/epp-fact-sheet-janitorial-paper-supplies](http://www.stopwaste.org/resource/epp-fact-sheet-janitorial-paper-supplies). Again, be sure to check out the appendix at the end, Environmentally Preferable Janitorial Paper Products in Alameda County, for a list of local vendors that have greener products.

### 3. Save Energy, Water, and other Natural Resources


- Energy Star certified means the appliance meets strict energy-efficiency guidelines set by the EPA and U.S. Department of Energy. The item should have a tag or sticker when purchased indicating it is Energy Star certified.
  - Examples:
    - Light bulbs
    - Refrigerators
    - Dishwashers
    - Washing machines
    - Water heaters
    - Furnace units
    - Air conditioners
    - Computer and monitors
    - Ceiling fans

#### 3.2. Use efficient lighting, indoors and out – LED bulbs for task lighting, and at least as efficient as T8 fluorescent bulbs for overhead lighting.

- **Task lighting:**
  - LED light bulbs are the most efficient and longest lasting type of bulb. Compact Fluorescent Bulbs (CFLs) are more efficient than incandescent bulbs but have the risk of exposing children to mercury, a harmful neurotoxin, if broken.
Be sure to look for Energy Star certified light bulbs. Use this fact sheet from Energy Star to help you decide what light bulb is best for your program.

- **Overhead lighting:**
  - For fluorescent lamps, "T" is the diameter of the tube in the lamp. Typically the more narrow the lamp, the more efficient it will be.
    - T12 = old and inefficient
    - T8 = higher efficiency
    - T5 = highest efficiency
  - Here is the cost breakdown between T5 and T8 for the standard 4 foot lamp:
    - T8 = $3.00 - $5.00
    - T5 = $5.50 - $12.00
  - All lamps have a general life expectancy of around 36,000 hours burning 12 hours per day.
  - Tip: to determine if your current lighting is T12, point a phone camera at the overhead lighting. If the camera shows “barber shop spirals” appearing on the light, it is a T12 light. If the light appears normal, it is a more efficient T8 or T5 model.
  - Learn more about options for commercial lighting, including LED overhead bulbs.

- **Don’t forget about rebates!**
  - Learn more about available PG&E lighting rebates for businesses.
  - Learn more about PG&E residential energy rebates.
  - For more support, contact East Bay Energy Watch. They can provide you with proposals that are clear and easy to understand, complete with costs, benefits and savings estimates.

### 3.3. Water conservation standards:
- **Toilets:** 1.3 gallons per flush, or bears an EPA WaterSense label
- **Hand washing faucets:** 1.0 gallons per minute
- **Commercial dish rinse nozzles:** 2.0 gallons per minute

Toilets with a Water Sense label use just 1.28 gallons per flush and are approved as a high-efficiency toilet (HET) from the Environmental Protection Agency. Consider toilets with dual-flush mechanisms or pressure-assist models. Also consider the flushing power of the toilet: Most major hardware and houseware stores label their selection of toilets with a numerical score based on their flush performance, taking into account waste removal power and clog resistance.
• Install flow reduction devices and automatic controls that meet standards of 1.0 gallons per minute (gpm) or less on bathroom hand washing faucets, 2.0 gpm or less on kitchen dish rinsing faucets, and less than 2.5 gpm on showerheads.

• Local water agencies often provide rebates or free products (such as free faucet aerators or nozzles) to promote water conservation, contact them for more information.

3.4. Purchase wood products (lumber and paper) with Forest Stewardship Council certification whenever possible.

• Forest Stewardship Council (FSC) certified means that products made from wood have been verified as made from responsibly harvested wood. Look for the FSC logo on wood products and/or their label.

Examples:
  - Shelving
  - Cabinets
  - Paper products
  - Books

• Another common forest certification is the Sustainable Forest Initiative (SFI). However, Forest Stewardship Council (FSC) certification has stronger standards and is preferred.

3.5. Purchase compostable products when feasible.

• Reusable items are always preferred, but if no dishwasher is available, then compostable products are a good alternative.

• Compostable is different than Biodegradable.
  - When something is called biodegradable, it means that it will break down into smaller parts after being disposed of. However, being biodegradable does not mean that it is also compostable.
  - For an item to be compostable, it must break down into organic materials that can offer nutrients to soil and plants.
  - Bio-plastics that are certified by Biodegradable Products Institute (BPI) can usually be placed in your organics bin.

• The San Francisco Department of the Environment maintains this list of distributors of compostable products, such as plates, cutlery, and to-go containers. Includes distributors’ contact information.

• Use StopWaste’s Purchasing Compostable Food Service Ware guide sheet (Appendix B below) to help you decide.

3.6. Purchase bio-based products when feasible.

• Bio-based products are derived from plants and other renewable agricultural, marine, and forestry materials. These products provide an alternative to conventional petroleum derived products and include a diverse range of offerings such as lubricants, detergents, inks, fertilizers, and bioplastics.

• You can find bio-based products in the USDA’s BioPreferred Program Catalog: https://www.biopreferred.gov/BioPreferred/faces/catalog/Catalog.xhtml
4. Avoid Toxics

4.1. Purchase green cleaning products. Cleaners should be certified by Green Seal, EcoLogo or EPA Safer Choice, or receive a high rating from Good Guide or Environmental Working Group.

- **Green Seal, EcoLogo** and **EPA Safer Choice** are trusted third-party certification programs. You can find these logos on a wide array of products, not just cleaners.

- **GoodGuide.com** is a reliable source of information on health, environmental, and social impacts of many consumer products.
  - A “high rating” from GoodGuide means a score of 8 or more.
  - Note that GoodGuide categorizes fragrance as “no health concern,” but try to avoid fragrances when possible. Fragrances can trigger asthma and may contain potentially harmful chemicals such as formaldehyde, phthalates, or benzene.
  - Visit [www.goodguide.com](http://www.goodguide.com) to search for cleaning products or download the GoodGuide smartphone app for free to scan barcodes of products as you shop.

- **Environmental Working Group (EWG)** has a guide to healthy cleaning. Visit [www.ewg.org/guides/cleaners](http://www.ewg.org/guides/cleaners).
  - A “high rating” from EWG means an A or B score.
  - EWG also has a free app for smartphones.

4.2. Purchase safer, EPA-registered sanitizing and disinfecting products. Use products with an active ingredient of Hydrogen Peroxide, Citric Acid, or Lactic Acid, or products with EPA’s Design for the Environment logo.

- Any product used for sanitizing or disinfecting in child care must have an EPA Registration Number (EPA Reg. No.). The EPA Registration Number appears on all registered pesticides (including sanitizers and disinfectants) sold in the United States. It is usually found on the back panel of the label along with the detailed instructions for use.
- The **active ingredient** in a sanitizing/disinfecting product is the chemical that kills germs.
- Look for these asthma-safe active ingredients:
  - Hydrogen peroxide (including “accelerated” HP)
  - Lactic acid
  - Citric acid
- Avoid these active ingredients:
  - Quaternary ammonium compounds (complex names will be listed, such as “alkyl dimethyl benzyl ammonium chloride”)
  - Sodium hypochlorite (chlorine bleach)
  - Pine Oil
• EPA’s Design for the Environment “Antimicrobial Pesticide Pilot Project” is the only program that can legally certify safer disinfecting products in the U.S.
• When purchasing a sanitizer or disinfectant, read the label to make sure all ingredients are listed. If a product does not list all its ingredients, you can search online for its Safety Data Sheet.
• See Appendix C and Appendix D for disinfectant and sanitizer purchasing options.

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Surface (Title 22 Section#)</th>
<th>How Often</th>
</tr>
</thead>
<tbody>
<tr>
<td>DISINFECT</td>
<td>Infant/ Toddler classrooms</td>
<td>* After each use ** After each use if soiled *** Daily **** Weekly</td>
</tr>
<tr>
<td></td>
<td>Diaper changing areas * (101428)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Potty training chairs * (101428)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Napping equipment **<strong>/</strong> (101239.1, 101439.1)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Infant/ Toddler/ Classrooms with mildly ill children</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sinks ** (101438.1, 101638.1)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Floors **** (101438.1, 101638.1)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Walls/ partitions **<strong>/</strong> (101438.1, 101638.1)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mouthed objects (including toys) *** (101438.1, 101638.1)</td>
<td></td>
</tr>
<tr>
<td>SANITIZE</td>
<td>All classrooms</td>
<td>* After each use *** Daily</td>
</tr>
<tr>
<td></td>
<td>Snack/ meal / high chair table (recommended *)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dishes, utensils, cups * (101227)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Infant/Toddler classrooms</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Disposable diaper containers *** (101428, 101628)</td>
<td></td>
</tr>
</tbody>
</table>

4.3. Avoid aerosol containers.
Use of aerosol cans create a fine mist (aerosolization) of the product, increasing the amount of chemical suspended in the air. These suspended chemicals cause problems with breathing such as asthma. The small particles can get deeper into the lung so aerosols should never be used around children.

4.4. Avoid antibacterial products.
• Generally avoid the key terms antibacterial, antimicrobial, kills bacteria, or fights odors. These key terms mean the product may contain harmful antibacterial chemicals, such as triclosan or triclocarban.
• Triclosan, an antibacterial chemical found in many consumer products, is linked to liver toxicity and endocrine disruption. Triclosan is also not filtered by wastewater treatment plants, so it ends up in waterways where it poisons aquatic life.
• The federal Food and Drug Administration banned triclosan in liquid hand soap, effective September 2017. But manufacturers will still be able to use triclosan and other antibacterials in dishwashing detergent, cleaners, personal care products, cutting boards, highchairs, toys, bedding and other fabrics, and children’s products.
• If hand sanitizers must be used by adults, opt for alcohol-based (at least 60%), unscented, waterless sanitizers.

4.5. Purchase contained pest baits, gels, and traps to manage pests NOT sprays, foggers, or chalks.
• Traps, baits and gels provide better long-term control of pests because:
  o Pests take the pesticide back to the nest or hiding places where it kills the whole colony.
• The pesticide is contained and does not expose staff and children.
  • They last longer than sprays.
• Foggers and sprays are less effective because they:
  • Do not last very long.
  • Kill pests you can see, but do not kill the nest or pests hiding and breeding in out-of-the-way places.
  • Can spread pesticides throughout your facility and expose children and staff.
• The Healthy Schools Act requires an integrated pest management plan, posting, notification, recordkeeping, and reporting for pesticide products such as sprays, foggers, bombs, and chalks. Products that are exempt from these requirements include:
  • Self-contained baits and traps
  • Gels or pastes used for crack-and-crevice treatments
  • Antimicrobials (bleach and other sanitizers and disinfectants)
• For more information about the Healthy Schools Act, visit the Department of Pesticide Regulation child care page.
• Use the toolkits on Integrated Pest Management for centers or family child care, developed by the California Childcare Health Program (cchp.ucsf.edu).

4.6. Purchase facilities materials (such as paint, carpeting, adhesives, and furniture and other wood products) with low/no volatile organic compounds (VOCs) and low/no formaldehyde.
• VOCs are chemicals that evaporate easily at room temperature. Paints and finishes release low-level toxic emissions for years after application.
  • Most paint manufacturers now produce low or no-VOC varieties of paint.
  • Look for GREENGUARD Certification, which ensures that a product has met some of the world's most rigorous and comprehensive standards for low emissions of VOCs into indoor air. Visit www.greenguard.org.
  • VOC Tip: Do not use products that emit an odor when drying around children in poorly-ventilated rooms, as it indicates that VOCs are being emitted.
    ▪ Examples: craft paint, computer printers, adhesives, and grease-cutting cleaners.
• Formaldehyde is a chemical used as a preservative in adhesives. It can trigger asthma attacks and has been linked to cancer.
  • Particle board or pressed wood is often made using formaldehyde resins. Opt for solid wood which does not contain formaldehyde and is more durable.
  • Many large retailers offer formaldehyde-free or reduced-formaldehyde product lines. For example:
    ▪ Target stores offer an entire eco-friendly furniture line with formaldehyde-free wood products.
    ▪ IKEA uses only formaldehyde-free lacquers and adheres to the strictest international standards for formaldehyde exposure in all wood and textile products.
  • Remember to test your facility for formaldehyde every 3 years.
• When purchasing facilities materials, utilize the EPA Greener Products website to help you find products and identify ecolables: https://www.epa.gov/greenerproducts

4.7. Avoid buying products containing foam treated with flame retardants when feasible.
• Brominated fire retardants, frequently added to foam, are linked with serious health problems including obesity, reduced IQ, developmental delays, reproductive difficulties, and cancer.
• Children’s foam products that may contain flame retardants:
- nap mats
- car seats
- changing pads
- infant walkers
- crib wedges
- gym mats
- foam crib mattresses
- rockers

- Other items that may contain flame retardants:
  - building insulation
  - carpet padding
  - draperies
  - fatty foods
  - foam furniture
  - household dust
  - dryer lint

- Buy nap mats made without polyurethane foam. Options that are not usually treated with fire retardant chemicals are polyester fiberfill, cotton, and wool.
- When buying new upholstered furniture, look for a TB117-2013 label that indicates that it does not contain flame retardant chemicals.
- At [www.ceh.org/campaigns/flame-retardants/](http://www.ceh.org/campaigns/flame-retardants/) you can see which brands sell flame retardant chemical-free children’s and office products, which products to avoid, and more.

### 4.8. Avoid PVC (vinyl), especially in children’s products.

- PVC, or vinyl, is a type of plastic that is often used in consumer products. Nap mats, furniture, and some toys are made of PCV. Plastics with the #3 recycling code contain PVC.
- The process of making vinyl is toxic to the environment. Plus, PVC is often mixed with other chemicals such as lead and phthalates (linked to increased risk of birth defects and organ damage).
- Avoid any toy that contains the #3 recycling code.
- Identify what products currently in use that have PVC and develop a replacement plan as funds are available.
- If you accept donations, clearly state that you only accept PVC-free products.

### 4.9. Purchase and/or accept donations of plastic products that are labeled with recycling codes #1, #2, #4 or #5. Avoid plastics with recycling code #3, #6, and #7 (unless the product is made out of plant/ bio-based plastic). Opt for products made from safe, non-plastic materials when available.

- Most plastic items have a recycling code stamped on them. As a general rule, plastic with codes #1, #2, #4, or #5 are currently considered to have an acceptable level of limited harm.
- Plastic baby bottles, sippy cups, teething rings, and toys are often made with phthalates and Bisphenol A (BPA). These two toxic ingredients in plastics are of particular concern, as research increasingly
shows that these chemicals mimic or suppress hormones (e.g., estrogen and testosterone) and disrupt normal development and growth.

- The Consumer Product Safety Improvement Act (CPSIA) establishes limits for the use of phthalate compounds (and lead) in products for children. Anything made after February 2009 should be compliant with CPSIA standards.
- However, Bisphenol A (BPA) is not regulated under CPSIA. Therefore be sure that any hardened plastic products intended for use by children are labeled as BPA-free.
- Furthermore, studies indicate that chemicals being substituted for phthalates and BPA in plastics are unfortunately no safer than the phthalates and BPA that they replaced. This is why it is best to opt for non-plastic materials when possible. Alternatives to plastic include: glass, stainless steel, bamboo, cotton, hemp, and wood.

- Plastic product purchasing tips:
  - Purchase glass baby bottles with a silicon sleeve or milky, opaque plastic bottles and sippy cups labeled “BPA-free.”
  - Purchase PVC-free plastic wrap (buy plastic wrap and bags made with polyethylene).
  - Buy new silicone teething toys for infants and toddlers that are labeled “phthalate-free” or “PVC-free.”

4.10. Purchase and/or accept donations of art supplies that are certified nontoxic by the Art and Creative Materials Institute (ACMI), with the ACMI AP Seal on the product label.

- The Art and Creative Materials Institute (ACMI) evaluates products for acute and chronic toxicity to children and awards the ACMI AP (Approved Product) Seal to products certified as nontoxic.
  - ACMI also evaluates adult art supplies and products may carry their CL (Cautionary Labeling) Seal. Products bearing the ACMI CL Seal should never be used with children.
- Additional considerations when buying art supplies:
  - Avoid products not intended for art activities, such as shaving cream.
  - Avoid aerosols – e.g., spray paint, fixatives. Consider wet or liquid, non-aerosol products.
  - Avoid solvent based products – e.g. choose only water-based markers, low VOC paints.
    - A simple way of finding out if a paint is water-based or solvent-based is to check on the label about how to clean brushes. Solvent-based paints need to be cleaned with white spirit or turpentine, water-based paints can be cleaned with warm, soapy water.
  - Avoid commercial dyes. Substitute natural dyes, e.g., blueberries, onion skins.
  - Avoid permanent felt tip markers or scented markers.
  - Avoid instant drying products e.g. liquid cover-over products for print mistakes.
  - Avoid instant paper-mâché which may contain asbestos fibers, lead or other metals from pigments in colored printing inks. Substitute papier-mâché made from black and white newspaper and library or white paste (or flour and water paste).
5. Contracting for Services

5.1. Patronize businesses service providers that are certified green by a 3rd party environmental certification program when feasible.

- If you're looking to hire someone to design or maintain your yard or garden, choose a Bay-Friendly Qualified Landscape Professional at [www.bayfriendly.org](http://www.bayfriendly.org).
- If you need help with a home remodeling project, hire a Certified Green Building Professional at [www.builditgreen.org](http://www.builditgreen.org).
- The EPA's Renovation, Repair and Painting (RRP) rule requires that renovations of child-occupied facilities be carried out only by Lead-Safe Certified renovation firms, using certified renovators trained in lead-safe work practices. For more information, visit [www.epa.gov/getleadsafe](http://www.epa.gov/getleadsafe).

5.2. Companies / individuals providing services shall be informed of our purchasing and products standards.

- If hiring a pest management professional, specify they use Integrated Pest Management and comply with the California Healthy Schools Act.
  - All pest management professionals (PMPs) must be licensed by the State of California. You can verify whether a company or an individual has a license issued by the Structural Pest Control Board at [www.pestboard.ca.gov](http://www.pestboard.ca.gov).
  - According to the Healthy Schools Act, PMPs are responsible for sending pesticide use reports to DPR, avoiding the use of prohibited pesticides, notification to IPM Coordinator 120 hours before application, and completing Integrated Pest Management (IPM) training.
  - The UC Statewide IPM Program offers a free online course for PMPs titled Providing IPM Services in Schools and Child Care Settings. Ask your PMP to take the course, which can be found here: [www.ipm.ucanr.edu/training/school-and-child-care-ipm.html](http://www.ipm.ucanr.edu/training/school-and-child-care-ipm.html).
  - Consider hiring a PMP with a third party certification, such as EcoWise, GreenPro, or Green Shield.
- If hiring a cleaning service, ensure they use least hazardous cleaning, sanitizing, and disinfecting products and that they use a two-step process.
  - Any cleaning service should have ECE facility experience and be familiar with applicable licensing and/or quality improvement requirements.
  - Ensure products used by the cleaning service are third party certified (see 4.1.).
  - Ensure that disinfectants used by the cleaning service are registered with the EPA and use an asthma-safe active ingredient (see 4.2.).
  - You can find custodial/cleaning services through the California Green Business Program.
### Appendix A: Examples of Non-Plastic Reusable Food Ware Products

<table>
<thead>
<tr>
<th><strong>Child-sized Utensils</strong></th>
<th>IKEA</th>
<th>IKEA</th>
<th>Constructive Playthings</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cups</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sanctus Mundo</td>
<td></td>
<td>Klean Kanteen</td>
<td>EIO Kids</td>
</tr>
<tr>
<td><strong>Plates/Trays/ Bowls/Sets</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>EcoBamboo Ware</td>
<td></td>
<td>ECOlunchbox Kid's Tray</td>
<td></td>
</tr>
<tr>
<td><strong>LunchBots Children's Stainless Steel Dish Set</strong></td>
<td></td>
<td>Brinware</td>
<td></td>
</tr>
<tr>
<td>Water Bottles</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>--------------</td>
<td>---</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lifefactory</td>
<td>Klean Kanteen</td>
<td>Eco Vessel</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Napkins</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Amazon.com</td>
<td>Funkins (myfunkins.com)</td>
</tr>
</tbody>
</table>

*For more non-plastic product ideas, check out [www.lifewithoutplastic.com](http://www.lifewithoutplastic.com) and [www.mightynest.com](http://www.mightynest.com).*
Appendix B: Purchasing Compostable Food Service Ware

Purchasing Compostable Food ServiceWare

Making good choices when purchasing food service ware products can be quite complicated. That’s because not all food ware marketed as “compostable” gets composted at the large-scale commercial composting facilities that process our county’s food scraps and food-soiled paper. Many factors play a role, including the ability to distinguish compostable and non-compostable food ware, the food ware item’s thickness as well as time spent going through the composting process.

While molded paper/fiber products generally break down, some other products—even if certified by the Biodegradable Products Institute (BPI)—may decompose only partially or not at all. This guide aims to assist you in selecting the best single-use compostable products currently available when reusable food ware is not an option.

Preferred

- Molded natural fiber/paper products
- Uncoated or coated with BPI-certified* film
- Wood-based chopsticks and flatware, such as “birchware”

Okay

- BPI-certified* compostable plastics
- Paper products coated with non-compostable plastic film
- BPI-certified* flatware

Avoid

Avoid products that are NOT labeled BPI certified and/or carry unsubstantiated claims.

These claims DO NOT mean compostable:

- Made from plants
- Green
- Environmentally friendly
- Biodegradable
- Degradable
- Will decompose
- Photodegradable
- Made from corn starch
- Bio-based

* BPI CERTIFIED

Look for this logo to know if the product you are purchasing has been tested and certified by the Biodegradable Products Institute.
**Tips & Resources**

**NOTE:** For many businesses in Alameda County, composting food scraps and compostable paper is the law. Learn the rules at www.RecyclingRulesAC.org.

**Tips**

- Provide staff and customers with a green/organics bin to sort food scraps, food-soiled paper and compostable food service ware so these items get composted as intended. Even truly compostable food service ware will not get composted if thrown away in the trash.

- Before purchasing, check with your waste hauler or local jurisdiction to find out if the products you have selected are accepted and processed at your city’s composting facility.

- Simplify sorting for customers and reduce contamination by providing all compostable food service ware rather than mixing compostable, recyclable and trash-only products.

- Can’t find a compostable product option for your needs? Recyclable plastic food containers may be a viable alternative.

**Learn More**

- **Navigating Compostable Plastics**
  A toolkit compiled by the US Composting Council
  http://cptoolkit.org

- **Purchasing BPI-certified compostable products**
  About BPI-certified products: www.bpiworld.org/products.html
  Find vendors: http://products.bpiworld.org/companies/category/foodservice

For questions and comments, please contact Cassie Bartholomew at CBartholomew@StopWaste.org or 510-891-6500.
Appendix C: Tips for Purchasing Safe and Healthy Products

Art Supplies
- Avoid products not intended for art activities, such as shaving cream.
- Avoid aerosols – e.g., spray paint, fixatives. Consider wet or liquid, non-aerosol products.
- Avoid solvent-based products – e.g. choose only water-based markers, low VOC paints.
- Avoid commercial dyes. Substitute natural dyes, e.g., blueberries, onionskins.
- Avoid permanent felt tip markers or scented markers.
- Avoid instant drying products e.g. liquid cover-over products for print mistakes.
- Avoid instant paper mâché which may contain asbestos fibers, lead or other metals from pigments in colored printing inks. Substitute paper mâché made from black and white newspaper and library or white paste (or flour and water paste).

Building Materials
- Choose low or no volatile organic compound (VOC) paint, solvents and adhesives.
- When purchasing building materials or contracting for repairs, ask the contractor about the presence of asbestos.
- Look for the Forest Stewardship Council logo on wood products and/or their label.

Cleaners / Soap
- Use as few different chemicals as possible, choosing the least toxic product that is suitable for the task.
- Use third party certified products identified through the following organizations: www.epa.gov/saferchoice, www.ecologo.org and www.greenseal.org
- Check for a high rating from Good Guide or Environmental Working Group.
- Federal law (from the Occupational Safety and Health Administration, OSHA) requires that the Material Safety Data Sheet from the manufacturer must be made available to any user of the product. Read the MSDS carefully before choosing a product and then make sure that everyone understands what it says.
- Avoid aerosols. Choose liquid, non-aerosol products.
- Avoid antibacterial products.

Food
- Consider reducing use of canned foods. Ask your food vendor if canned foods have BPA lining and whether BPA-free cans are available.
- Consider using stainless steel, cast iron, or glass cookware and containers.

Food Serving Ware
- When possible avoid using disposable items such as plates, silverware and cups. If you do use disposable products, consider products made from recycled, non-toxic materials.
- Look for Biodegradable Products Institute (BPI) products if you have an organics bin.
- Avoid Styrofoam products.

Furniture / Carpets
- Choose solid wood furniture – avoid particle board products.
- Choose hardwood, laminates, tile or otherwise non-porous surfaces instead of carpets.
- Choose low VOC products where possible.
- Choose non-toxic adhesives and pads.
- Choose area rugs made natural fibers that can be easily laundered.
- Look for the Forest Stewardship Council logo on wood products and/or their label.
- When buying new upholstered furniture, look for a TB117-2013 label that indicates that it does not contain flame retardant chemicals.
- Avoid PVC (vinyl).
**Lightbulbs**
- Use efficient lighting, indoors and out – LED bulbs for task lighting, and at least as efficient as T8 fluorescent bulbs for overhead lighting.

**Nap Mats**
- Buy nap mats made without polyurethane foam. Options that are not usually treated with fire retardant chemicals are polyester fiberfill, cotton, and wool.
- Avoid PVC (vinyl).
- Avoid antibacterial products.

**Office Products**
- Purchase durable, reusable or refillable products whenever possible.
- Purchase or accept donations of remanufactured or gently used items if safe.
- Purchase office paper with at least 30% post-consumer waste recycled content.
- Purchase electronics with U. S. EPA Energy Star certification when available.
- Look for the Forest Stewardship Council logo on wood products and/or their label.

**Paint**
- Choose low or no volatile organic compound (VOC) paint.

**Paper Towels**
- Purchase paper towels with at least 35% post-consumer waste recycled content.

**Pesticides**
- Practice Integrated Pest Management (IPM).
- Use baits, gels, and traps, NOT sprays or foggers.
- The best choice is to use a certified IPM contractor that complies with the Healthy Schools Act.

**Playground**
- Purchase only new wooden playground sets, picnic tables & benches to be sure that it doesn’t contain chromated copper arsenate (CCA) that was banned from such products in 2005.
- Look for the Forest Stewardship Council logo on wood products and/or their label.

**Sanitizers / Disinfectants**
- Federal law (from the Occupational Safety and Health Administration, OSHA) requires that the Material Safety Data Sheet from the manufacturer must be made available to any user of the product. Read the MSDS carefully before choosing a product and then make sure that every user understands what it says.
- Any product used for sanitizing or disinfecting in child care must have an EPA Registration Number (EPA Reg. No.)
- Look for these asthma-safe active ingredients: Hydrogen peroxide (including “accelerated” HP), Lactic acid, or Citric acid
- Avoid aerosols. Choose liquid, non-aerosol products.

**Toys**
- Follow any product recall information for lead in toys from [www.cpsc.gov](http://www.cpsc.gov).
- Avoid imported, painted children’s toys.
- Avoid costume jewelry and toys with batteries.
- Choose natural materials such as unpainted wood toys or organic textiles (cotton, wool, felt, etc.)
- For plastic toys:
  - Choose BPA free and phthalate free products.
  - Use as few plastics as possible, the best plastic choices have recycling codes 1, 2, 4, and 5.
  - Avoid PVC (vinyl), recycling code 3.
Appendix D: Options for purchasing green cleaners and asthma-safe sanitizers and disinfectants

To practice safe and effective green child care germ management, a child care program should have three main products:

1. A general cleaner that will be used as the first step before sanitizing or disinfecting
2. An EPA-registered food contact sanitizer
3. An EPA-registered disinfectant

General Cleaners

For a general cleaning product, you can either mix your own plain, non-antibacterial soap with water or you can purchase an all-purpose cleaner. To make sure the soap or the all-purpose cleaner is safe and healthy, check for third-party certification by EPA Safer Choice, Green Seal, or Eco Logo. Look for any of these logos on soaps and cleaners (images are linked to their website):

Alternatively, you can check for a high rating from Environmental Working Group ([www.ewg.org/guides/cleaners](http://www.ewg.org/guides/cleaners)) or Good Guide ([www.goodguide.com](http://www.goodguide.com)). You can download their free mobile apps to take with you to the store. Please note that the certifications and ratings often do not classify fragrance or dyes as harmful. If feasible, give preference to soaps and cleaners that are free of dyes and fragrance as well. These products are often labeled as “free and clear.”

Examples of third-party certified retail all-purpose cleaning products (commonly available at stores such as Costco, WalMart, Target, Office Depot, or Safeway)

<table>
<thead>
<tr>
<th>Product</th>
<th>Approx. Pricing</th>
</tr>
</thead>
<tbody>
<tr>
<td>ECOS (Earth Friendly Products)</td>
<td>$0.11-$0.22 / fl. oz.</td>
</tr>
<tr>
<td>Green Works (Clorox)</td>
<td>$0.04 after concentrate dilution - $0.15 / fl. oz. ready-to-use</td>
</tr>
<tr>
<td>Seventh Generation</td>
<td>$0.09 / fl. oz.</td>
</tr>
</tbody>
</table>

Examples of third-party institutional cleaning products (found online or through a vendor, not usually at a retail store)

<table>
<thead>
<tr>
<th>Product</th>
<th>Approx. Pricing (before dilution)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alpha HP Multi-surface Cleaner Concentrate</td>
<td>$0.76 / fl. oz.</td>
</tr>
<tr>
<td>EnvirOx H2Orange2 Cleaner</td>
<td>$0.15 / fl. oz. (JC Paper discounted price)</td>
</tr>
<tr>
<td>Glance NA Glass and All-purpose Smart Dose</td>
<td>$1.12 / fl. oz.</td>
</tr>
<tr>
<td>Renown G-Force H2O2 Multi-Surface Cleaner</td>
<td>$0.29 / fl. oz.</td>
</tr>
<tr>
<td>Spartan Green Solutions All-purpose Concentrate</td>
<td>$.50 / fl. oz.</td>
</tr>
</tbody>
</table>
EPA-registered Sanitizers and Disinfectants

Safer sanitizers and disinfectants will be found online or through a vendor, not usually at major retail stores. Sanitizers and disinfectants are registered with the EPA as pesticides. EPA’s Design for the Environment “Antimicrobial Pesticide Pilot Project” is the only program that can legally certify safer disinfecting products in the U.S. You will not see ecolabels such as EcoLogo or Green Seal on disinfectants.

When purchasing a sanitizing or disinfecting product, be sure to check for:
- An EPA registration number
- Approved surfaces and dwell time (the time it must be left wet on the surface to kill germs)
  - Note that many disinfectants may have sanitizing directions, but that does not mean it is safe for food contact surfaces.
- RTU vs. concentrate: Some of the preferred product examples are concentrated while others are ready-to-use (RTU) formulations. Each has its own pros and cons:
  - RTU pros: pre-diluted so the products tend to have relatively low hazards. Easier for staff to use and no dilution necessary.
  - RTU cons: more expensive
  - Concentrate pros: they contain 1/16 to 1/128 as much water so they can be shipped much more cheaply, with less fuel use and therefore greenhouse gas impacts.
  - Concentrate cons: they have relatively few health warnings on their diluted use solution, but most are corrosive in their concentrated form.
  - All concentrated disinfecting products should be used ONLY with automatic dilution equipment – preferably “closed loop” systems, which preclude any contact with the concentrated product. Pump-style dilution systems are generally insufficient, as they do not eliminate risks of spills or splashes of the corrosive materials.
- The active ingredient (the chemical that kills the germs). Safer active ingredients include:
  - Hydrogen Peroxide (or Accelerated HP)
  - Citric Acid
  - Lactic Acid

Examples of Safer Food Contact Sanitizers

<table>
<thead>
<tr>
<th>Product</th>
<th>Active Ingredient</th>
<th>Dwell Time</th>
<th>Approx. Pricing</th>
<th>Where to purchase (*=discounts available in Alameda County)</th>
</tr>
</thead>
<tbody>
<tr>
<td>SaniDate RTU</td>
<td>Hydrogen Peroxide</td>
<td>1 minute</td>
<td>$0.19 - $0.28 / fl. oz.</td>
<td>BioSafe Systems* Amazon</td>
</tr>
<tr>
<td>Benefect Broad Spectrum Disinfectant</td>
<td>Thymol*</td>
<td>5-10 minutes</td>
<td>$0.36 / fl. oz.</td>
<td>Amazon Ebay</td>
</tr>
<tr>
<td>Cleanwell Daily/ Weekly/ Monthly Cleaner (Seventh Generation)</td>
<td>Thymol*</td>
<td>10 minutes (requires rinse)</td>
<td>$0.30 / fl. oz.</td>
<td>Amazon Jet Walmart</td>
</tr>
</tbody>
</table>
*The EPA has determined that the active ingredient thymol has minimal potential toxicity and poses minimal risk. However thymol can be a skin irritant and was rejected as a safer active ingredient by SF Environment.

**Examples of Safer Disinfectants**

Products are listed in order of shortest dwell time to longest. Products that have a shorter dwell times (a minute or less) and are RTU (ready to use) are ideal for use during operating hours. Products with longer dwell times or requiring dilution may be better for use after hours.

<table>
<thead>
<tr>
<th>Product</th>
<th>Active Ingredient</th>
<th>Dwell Time</th>
<th>Approx. Pricing</th>
<th>Where to purchase (*=discounts available)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accel Tb Disinfectant (RTU, wipes)</td>
<td>Hydrogen Peroxide</td>
<td>1 minute</td>
<td>$22 for 32 fl. oz. bottle $28 for 160 wipes</td>
<td>Staples, Grainger</td>
</tr>
<tr>
<td>Optim 33Tb (RTU, wipes)</td>
<td>Hydrogen Peroxide</td>
<td>1 minute</td>
<td>$112 for 32 fl. oz. (Case of 12) ($9.33/bottle) $18.50 for 160 wipes</td>
<td>Ebay, MedSuppliesShop</td>
</tr>
<tr>
<td>Oxivir Tb Disinfectant (RTU, wipes)</td>
<td>Hydrogen Peroxide</td>
<td>1 minute</td>
<td>$47.28 for 32 fl. oz. (Case of 12) ($3.94 / bottle) $79.21 (12 Packs of 60 wipes)</td>
<td>JC Paper*, Amazon, Office Depot/Max, Staples, Waxie Sanitary, Grainger, WB Mason, Give Something Back</td>
</tr>
<tr>
<td>Shockwave Hydrogen Peroxide Disinfectant and Cleaner RTU</td>
<td>Hydrogen Peroxide</td>
<td>1 minute</td>
<td>$53 for 1 gal</td>
<td>Amazon</td>
</tr>
<tr>
<td>Accel Concentrate</td>
<td>Hydrogen Peroxide</td>
<td>5 minutes</td>
<td>$53 for 1 gal (concentrate)</td>
<td>Amazon</td>
</tr>
<tr>
<td>Bright Green Disinfecting All Purpose Cleaner</td>
<td>Lactic Acid</td>
<td>5 minutes</td>
<td>Unknown</td>
<td>Safeway</td>
</tr>
<tr>
<td>Carpe Diem Concentrate Five 16</td>
<td>Hydrogen Peroxide</td>
<td>5 minutes</td>
<td>$109 for 1 gal (concentrate)</td>
<td>Amazon, Glutco</td>
</tr>
<tr>
<td>Clean-cide (RTU, wipes)</td>
<td>Citric Acid</td>
<td>5 minutes</td>
<td>$10 for 32 fl. oz. bottle $99 for pack of 12 bottles $16 for 160 wipes</td>
<td>Ebay, Medline, Wexford Labs (800-506-1146)</td>
</tr>
<tr>
<td>EnvirOx</td>
<td>Hydrogen Peroxide</td>
<td>5 minutes</td>
<td>$89 for 1 gal</td>
<td>JC Paper*</td>
</tr>
<tr>
<td>Concentrate 118</td>
<td>Peroxide</td>
<td>(concentrate)</td>
<td>Amazon</td>
<td></td>
</tr>
<tr>
<td>----------------</td>
<td>----------</td>
<td>---------------</td>
<td>--------</td>
<td></td>
</tr>
<tr>
<td>Oxivir Five 16 Concentrate</td>
<td>Hydrogen Peroxide</td>
<td>5 minutes</td>
<td>$56 for 2 pack of 1.4L bottles ($77/gal) (concentrate)</td>
<td>JC Paper* Amazon Give Something Back</td>
</tr>
<tr>
<td>Alpha-HP Multi-Surface Disinfectant Cleaner</td>
<td>Hydrogen Peroxide</td>
<td>10 minutes</td>
<td>$62 for 2 pack of 1.5L ($78.28/gal) (concentrate)</td>
<td>JC Paper* Amazon Give Something Back Grainger</td>
</tr>
<tr>
<td>Comet Bathroom Cleaner with Disinfectant</td>
<td>Citric Acid</td>
<td>10 minutes</td>
<td>$13 for 2 pack of 32 fl. oz. bottles ($6.50/bottle)</td>
<td>Amazon Give Something Back Various retail stores</td>
</tr>
<tr>
<td>Green Solutions (Spartan GS) Restroom Cleaner</td>
<td>Citric Acid</td>
<td>10 minutes</td>
<td>$60 for 32 fl. oz. bottles (Case of 12) ($5/bottle)</td>
<td>Amazon</td>
</tr>
<tr>
<td>Lysol Power &amp; Free Bathroom Cleaner with Hydrogen Peroxide (RTU, wipes)</td>
<td>Hydrogen Peroxide</td>
<td>10 minutes</td>
<td>$12.50 for 22 fl. oz bottles (Pack of 2)</td>
<td>Amazon Give Something Back</td>
</tr>
</tbody>
</table>

*Discounts for Alameda County Providers*

The information below reflects what safer sanitizers and disinfectants are currently available at a discount, and does not represent all of the product options available.

**Ready-to-Use (RTU) Food Contact Sanitizer**

1. Sanidate, food contact sanitizer, discount for Alameda County providers: go to [www.biosafe.net](http://www.biosafe.net) and use the offer code Alameda15 for 15% off your order with free shipping over $30.
2. Special pricing large quantity orders of Sanidate ($64-69/case of 12 32-oz bottles or 4 gallon bottles) (On Amazon = $69.47 + $12.38 shipping)
   - 8 cases or more of the 32oz or Gallon bottles= free shipping
   - Contact Nicolette Holzer nholzer@biosafe.net to order

**RTU Disinfectants (JC Paper)**

- OXIVIR Tb 12/32OZ/CS $51.33 /cs ($4.28 per bottle) (On Amazon = $59.36 → $4.95 per bottle)
- Clorox Healthcare Hydrogen Peroxide Cleaner Disinfectant 9/32oz/cs = $48.96 ($5.44 per bottle) (On Amazon = $84.99 → $9.44 per bottle)

**Dilution Systems (JC Paper)**

- Clorox EZ Dilute System with Green Works cleaners (free dispenser)
  - Bathroom cleaner $41.32 cs
  - General Purpose $33.53 cs
  - Glass $79.72 cs
  - Floor $27.30 cs
- Diversey (dispenser price TBD)
- ALPHA-HP MULTI-SURFACE (cleaner) = $85.27 cs
- J-FILL OXIVIR FIVE 16 (disinfectant) = $79.12 cs
- EnvirOx (dispenser price TBD)
  - EnvirOx Concentrate 118 (disinfectant) = $103.06 cs
  - EnvirOx 116 H2O2 Orange Cleaner = $77.45 cs

Soap (JC Paper)
Deb Stoko
- Refresh Clear FOAM 1 liter $45.50 cs
- Touch-free dispenser $15.00 ea. (This can change depending on quantity which would make it a lower cost)

Supplies (JC Paper)
- Microfiber cloths $8.12/pk/12
- Microfiber mops $6.51 ea.

JC Paper Contact: Jeff O’Neal joneal@jcpaper.com **Please include kim.hazard@acgov.org on the email and state that you are in the Alameda County Green Child Care Program to access the discounts**
Appendix E: Resources for common items brought from home

**Diapers**
(From healthychild.org)

A baby goes through an average of 5,000 to 8,000 diaper changes before they move on to undies! That’s a lot of diaper wearing, and moms are provided with little information about what they’re wrapping around their baby’s bottom. In fact, diaper manufacturers are not required to disclose their ingredients, even though they share many of the same toxic ingredients that cosmetics and personal care manufacturers are required to disclose. No matter which you swear by—cloth or disposable—your decision has far-reaching consequences. If you use disposable diapers, you can choose diapers that are safer & more eco-friendly.

Here’s what you should look for when choosing a disposable diaper:

- **Chlorine-free:** Most conventional disposable diapers are bleached with chlorine, which produces dioxins – one of which is the most toxic of all cancer-causing chemicals. These dioxins end up in the environment and ultimately in our food. Eww. By choosing chlorine-free diapers, you reduce dioxin pollution and help create a healthier world for our babies.

- **Fragrance, dye, and lotion-free:** Some disposable diaper manufacturers add synthetic fragrance to mask odors, dyes to make the diapers cute, and even lotions to supposedly help baby’s skin. The truth is, most of these additions probably do more harm than good. For example, researchers from the University of Massachusetts Medical School found that up to 20 percent of diaper rash cases could be caused by exposure to the petroleum-based dyes used in diapers. Choose fragrance, dye, and lotion-free to avoid exposing your baby to these unnecessary chemicals.

**Fruits & Vegetables**

Young children need plenty of fruits and vegetables to grow strong, however traditionally grown produce often contains harmful pesticide residues. But there are stark differences in the number and amount of pesticides on various types of produce. EWG's annual Shopper's Guide to Pesticides in Produce™ lists the Dirty Dozen™ fruits and vegetables with the most pesticide residues, and the Clean Fifteen™, for which few, if any, residues were detected.

Not everyone can afford to buy all organic all the time. Use the Shopper's Guide to choose foods lower in pesticide residues and prioritize choosing organic for foods with higher pesticide residues. With the Shopper's Guide, you can have the health benefits of a diet rich in fruits and vegetables while limiting your exposure to pesticides.
Sunscreen

While sunscreen is important to help prevent skin cancer, some can contain harmful chemicals such as oxybenzone which can disrupt the hormonal system and retinyl palmitate which can trigger damage to healthy cells possibly resulting in cancer. Some sunscreens use nano-technology which shrinks molecules to an incredibly small size. Most nanoparticles have not been tested for their impacts on human health and of those that have, some can negatively impact human health. In addition, spray sunscreens do not cover the body completely and can be inhaled. Spray sunscreens can damage developing lungs. The FDA has also expressed concerns about the safety of spray sunscreens. Use the sunscreen guide developed by the Environmental Working Group (EWG) to ensure your sunscreen is safe: [http://www.ewg.org/sunscreen/](http://www.ewg.org/sunscreen/)