

# green C's

## Did you know?



Purchasing 100% Organic cotton clothing, towels and sheets reduces the impact of microplastics in our oceans. Organic farming protects our soil and water supply. greenC's organic cotton dish clothes and towels are a great sustainable choice.



Sodium Lauryl Sulfate (SLS) is a common ingredient in personal care products and dish soap. It has been linked to cancer, organ toxicity, skin irritation and endocrine disruption. "Nature Clean" dish & laundry products are free of SLS and other nasties like fragrance.



Plastic straws are made of polypropylene, a petroleum product. Americans use about 500 million straws every day, enough to end-to-end circle our planet 2 1/2 times. Straws made the top 10 in oceans as plastic debris. greenC's solution - buy stainless steel reusable straws.



Chemical based sunscreens can include oxybenzone, avobenzone, octocrylene and homosalate all of which penetrate the skin. Oxybenzone can cause allergic skin reactions, is a hormone disruptor and is not Reef-safe.

Mineral base sunscreens are zinc oxide and titanium dioxide that stay on the surface of our skin and are reef-safe for our oceans.



Plastic Bottles constitute nearly 50% of recyclable waste in landfills. We can significantly reduce these numbers by choosing to carry a glass or stainless steel water bottle, by using concentrated laundry products, and by refilling plastic bottles of dish soap, cleaners etc.



Sources of EMF 's(Electromagnetic Field) include lamps, metal plumbing, cell phones and microwaves. They are linked to cancer, insomnia, headaches and fatigue. Reduce your exposure by minimizing cell phone and microwave usage and turning off your Wi-fi modem at night. Ask greenC for more information.



Calgary's green carts for compostables are here! By composting, we will be reducing our garbage sent to landfill by more than half and reducing methane emissions. Check out greenC's countertop compost bins and green your next event by using plant-based, compostable plates, coffee cups and cutlery.



Fabric softener is the #1 cause of indoor air pollution. Whenever you smell that "laundry smell", you are inhaling VOC's (Volatile Organic Compounds). Switch to wool dryer balls for a healthy alternative.



Aspartame is one of the most common artificial sweeteners in use today and contains chemicals that have been linked to cancer. Some examples of aspartame-containing products include: diet soda, sugar-free ice cream, gum, yogurt, and sugarless candy. Look out for "Phenylketonurics: contains phenylalanine" on the packaging to avoid aspartame.