



Greetings! did you know about?...



Toxicity of fabric softeners & drier sheets

Conventional fabric softeners contain deadly chemicals that slowly absorb into your skin. With an increase of asthma and eczema in children and our indoor air known to be 3 times more polluted than outside it makes sense to eliminate as many toxins from our environment as possible.

The many health problems associated with exposure to these chemicals and fragrances include: asthma; eczema; nausea; headaches; vomiting; dizziness; central nervous system disorder; irritation to skin, mucus membranes & respiratory tract; pancreatic cancer.



Are fluffy clothes worth it if they are making you sick?

Fabric softeners are made to stay in your clothing for long periods of time. As such, chemicals are slowly released either into the air for you to inhale or onto your skin for you to absorb. Dryer sheets are particularly noxious as they are heated and their chemicals are released through dryer vents to pollute the outdoor environment.

Even if you don't feel the effects of these chemicals today, they can affect you gradually over time, and children, whose systems are still developing, are particularly at risk. There's really no reason to expose ourselves to these risky chemicals when natural alternatives exist. Not only are they safer for you, your family and the environment, they're more economical too.

Soften your clothes safely with these alternatives:

Add 1/2 cup of borax or unscented washing or baking soda to wash cycle.

Add 1/4 cup of natural white vinegar to rinse cycle to soften fabric and eliminate cling.

Visit your health food store for a fabric softener that uses a natural base instead of chemicals.

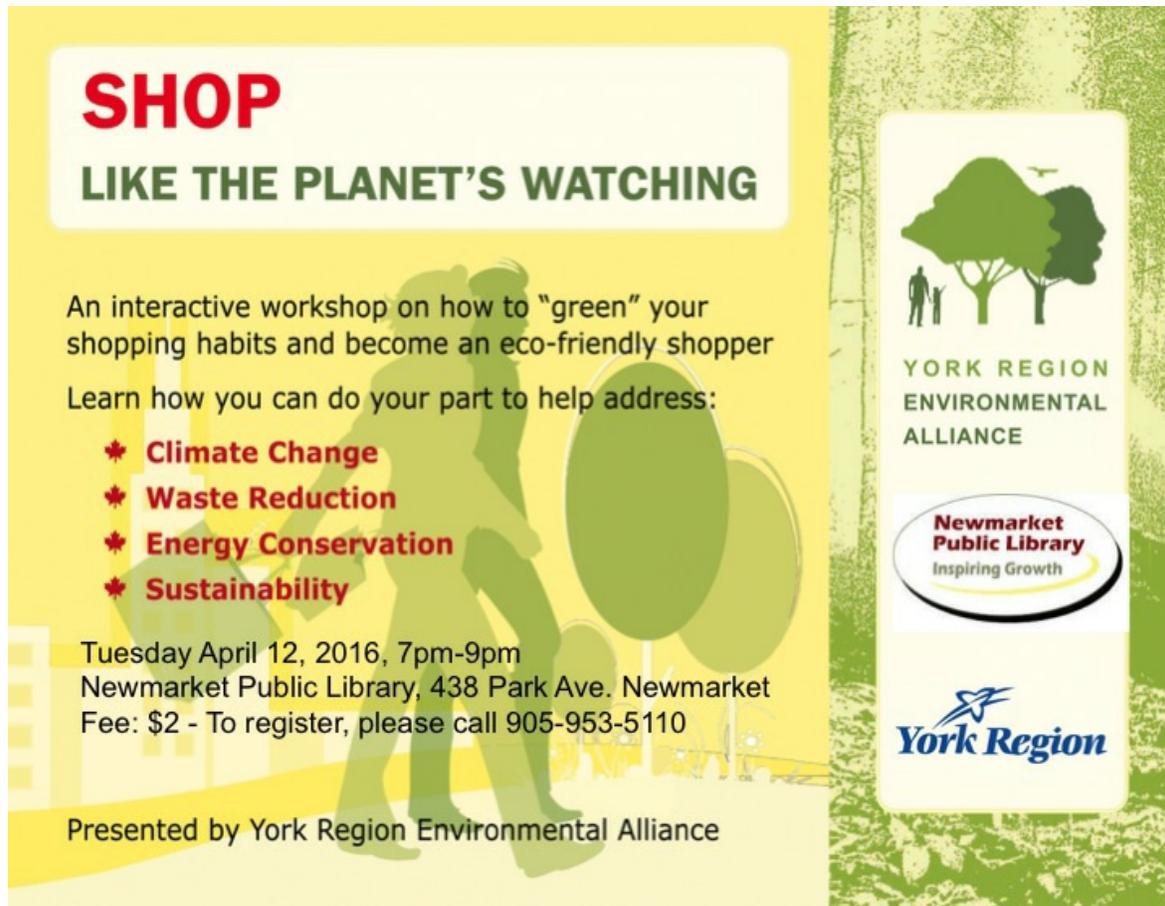
**On a practical note - fabric softeners coat towels with a film that impedes absorbency.

For information on the toxicity of fragrances go to [Ecohollic](#) and [Environmental Defence report](#)



Fair Trade

Being mindful of our personal ecological footprints includes being aware of the ethics behind the purchases we make. When you choose products with the Fairtrade symbol you support producers, farmers and workers in developing countries so that they earn a decent wage and can secure a



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Presented by York Region Environmental Alliance

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A Powerpoint workshop is also available for teachers along with booklets for \$20.

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Check out other events & info posted at <http://www.yrea.org>. Drop by our booth at: EARTH HOUR - Saturday March 19, 2016, starting at 6:30pm, Vaughan Civic Centre. We are supposed to ask you to like us (and the eco news we post) on our [Facebook](#) page. So please do!

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