



## CHECK LIST ✓ **Alternative Non-toxic Products**

Household Products:

**DO YOU USE ANY OF THESE PRODUCTS IN YOUR HOME?**

- Pest Strips
- Mothballs
- Insect/roach sprays
- Motor oils
- Antifreeze
- Wood preservatives
- Car waxes/polishes
- Rust removers
- Metal polishes
- Rug cleaners
- Deodorizers
- Degreasers
- Weed killers
- Drain cleaners
- Paint thinners
- Paint strippers
- Furniture refinishers
- Furniture polishes
- Hobby products
- Bleaches
- Gasoline
- Kerosene
- Oven cleaners
- Nail polish remover

If you checked any of these, you have hazardous and toxic products in your home that your family and pets may be touching or inhaling. Read on for non-toxic, effective alternatives.



**PESTICIDE ALERT:** Do not purchase or use pesticides which contain “dicofol” formulations of dicofol contain up to 14% DDT, a persistent (non-degradable), bio-accumulative and carcinogenic substance.

## **THE DANGERS OF PESTICIDES INDOORS:**

### **To reduce your exposure to pesticide residues in food:**

Wash or peel all produce. A mild solution of dishwashing soap and water will help remove additional residues. Rinse well after washing.

### **If you have pesticides in your house:**

- Keep them in original containers.
- Keep them separate from food and water supplies.
- Keep them locked out of reach of children.
- Dispose of unused portions and empty containers at our East Hampton Recycling Center during the S.T.O.P. program.\*

\* See section [Recycling](#) in Project S.A.V.E. web-site.

### **If you do use pesticides in your home:**

- Avoid wearing soft contact lenses; they absorb pesticides from the air.
- Keep children and pets from areas where pesticides have been applied.
- Make sure the pesticide is specific to the pest you want to control.
- Use only the exact amount specified on the label; too little may be ineffective, too much is hazardous.
- After treating a room, leave it for as long as recommended on the label; air the room well afterwards; wash all surfaces afterward with soap and water.
- Carefully avoid inhalation of or skin contact with pesticides.
- Do not use pesticides if pregnant.
- Do not drink alcohol when using pesticides; the combination can severely magnify toxic effects and impair judgment.
- Do not mix pesticides.
- Wash clothes contaminated from the rest of the wash.

## **CLEANING**

### **ALL-PURPOSE CLEANERS & PRECAUTIONS FOR THEIR USE:**

#### **AMMONIA, HOUSEHOLD**

Clean carpets, copper, dishes, enamel, floors, Formica, garbage cans, glass, grout, jewelry, linoleum, ovens, porcelain, showers, refrigerators, stainless steel, stoves, tubs, windows, woodwork. Remove stains.

**Cautions:** Can irritate skin and eyes; is caustic if swallowed. Use in well ventilated area, wear rubber gloves, avoid spills, splashes. *Never mix products containing ammonia with chlorine bleach, toilet bowl cleaners, rust removers or oven cleaners.* The combination releases powerful, pungent, poisonous gases called chloramines.

#### **BAKING SODA**

Clean and deodorize carpets, counter tops, drains, refrigerators, upholstery, and vinyl. Extinguish grease fires, freshen fabrics. Scour/polish aluminum, chrome, grout, jewelry, plastic, porcelain, silver, stainless steel, tin. Soften fabrics.

#### **BLEACH, LIQUID CHLORINE**

Clean, deodorize, disinfect basins, concrete, grout, sinks, tiles, toilet bowls, tubs. Remove mildew and stains from carpets, clothes, concrete, upholstery, wood floors.

**Cautions:** Do not use on items that are not colorfast. Use in well-ventilated area; wear rubber gloves. *Never mix with ammonia or toilet bowl cleaners.*

#### **BORAX**

Clean wallpaper, walls, floors. Deodorize. Boost detergent power. Remove stains. Inhibits mildew growth.

#### **CORNSTARCH**

Clean windows. Polish furniture. Remove stains. Shampoo carpets and rugs. Starch clothes.

#### **LEMON JUICE**

Deodorize. Clean windows and other glass. Remove stains from aluminum, clothes, porcelain.

#### **MINERAL OIL**

Polish furniture. Wax floors.

**Cautions:** Flammable — keep away from heat and flames.

#### **SOAP & WATER**

Clean cars, clothes, dishes, doors, floors, glass, jewelry, people, pets, sporting goods, tools, walls, windows, woodwork.

#### **STEEL WOOL**

Remove rust, rust stains, stubborn films.

#### **VINEGAR**

Clean bricks, carpets, coffeepots, dishes, fireplaces, glass, grout, paint brushes, walls, windows. Polish metals. Remove mildew, spots (hard water), stains, wax build-up. Soften fabrics.

#### **WASHING SODA**

Clean, cut grease on grills, broiler pans, concrete, drains, fireplaces, floors, ovens, walls.

Improve detergent power. Remove stains. Soften water.

**Cautions:** Moderately toxic; can irritate mucous membranes. Wear rubber gloves; work in well ventilated area.

## **ALTERNATIVES TO INSECTICIDES \***

Floating disks provide long-term protection from mosquitoes:

Donut-shaped mosquito dunks float on water and slowly release bacillus thuringiensis — a natural pesticide lethal to mosquito larvae. Place all-natural dunks anywhere water is left standing for more than a week. Safe for birdbaths, rain barrels, ponds, ditches, tree holes, roof gutters, unused swimming pools or anywhere else water collects. A single dunk destroys mosquito larvae in up to 100 square feet of water for a month.

Scentless, DEET-free spray is the best mosquito repellent we've found:

Safeguard your entire family this summer with nontoxic *Bite Away*<sup>TM</sup> Insect Repellent. Made from purified water, citrus concentrate and other food-grade ingredients, this scent-free formula protects you up to four hours without irritation. Over 95% effective on black flies, ticks, chiggers, no-see-ums and gnats.

Powerful insecticide is certified safe for home and garden:

Water-based *Orange Guard* relies on natural orange-peel extract to kill insects on contact and repel others for weeks. Certified for use in organic production. Not hazardous to insect-eating birds or lizards.

DEET-free herbal wipes beat summertime bugs:

*Bug-Be Gone Wipes* banish mosquitoes, bees, flies, no-see-ums and other biting bugs. Made with a 100% natural herbal formula, each wipe provides up to 4 hours of defense for people or pets. Set includes 1 large (40 wipes) and 2 travel-size (15 wipes each) containers.

\* Ask your hardware store or plant nursery for more information.

## **EARTHWISE ALTERNATIVES TO GARDEN PESTICIDES**

**Practice Integrated Pest Management (IPM):** Create a balance among a mixture of different plant and animal species that coexist and complement each other. The first step is establishing good soil health. Compost, mulches, natural rock fertilizers and animal manure create substantial, beneficial bacterial activity that wards off most soil diseases. Follow IPM principles for a non-toxic garden:

Practice companion planting and plant pest-resistant plants (See list of Native Vegetation on Project S.A.V.E. web-site).

Plant native ground cover species that do not require herbicides to out-compete “weedy” species. See list of Native Vegetation on Project S.A.V.E. web-site.

### **TRY THESE EARTHWISE METHODS TO CONTROL PESTS IN THE GARDEN**

#### **Slug and snails:**

Make raised beds or box gardens: attach gutter wire or plastic mesh to top of frame to inhibit snail entry.

Encircle young seedlings with a tin can open at both ends, the lower end pushed into the soil.

#### **Deer:**

Deer are repelled by nitrogen — mix 1 tbsp. dried blood\* with 2 gallons warm water; pour into sprayer and coat plants and trees; also effective against shrews and rabbits. CAUTION: Don't overdo; excessive nitrogen can burn your plants.

\* Purchased at plant nurseries.

Mix 1 tbsp. Tabasco sauce and ½ cup non-detergent soap powder with 1 gallon water; spray tops and undersides of leaves most attractive to deer.

#### **Mealy bugs or spider mites:**

Spray plants with cold water from a hose every day for about a week; if this is ineffective, use one of the soap solutions that follow.

For use on soft-bodied insects like psyllids, spider mites, exposed thrips, mealybugs, whitefly, chinch bugs and aphids:

Mix 2-4 tbsp. liquid soap (Ivory and Palmolive dish detergents are both effective on 85% of insects treated) with 1 gallon of water; test spray on a few leaves to be sure the solution doesn't burn the plant; apply weekly and after each rain.

By wisely planting shrubs, trees and groundcover on your property, you can enhance the beauty of your home, save maintenance costs and minimize pollution to our groundwater.

## **LIVING WITH “WEEDS”**

Dandelions, clovers, speedwells and a variety of other broadleaf plants or forbs often tend to associate with lawn grasses. In fact, up to 50 species have been recorded in a typical non-herbicide lawn.

Although called weeds, these plants offer many pluses — they modify a lawn’s textural pattern, are green and add diversity and stabilize soil just as effectively as a monoculture of grass.

Using weed killers to remove them means more chemicals in the environment, plus the loss of energy and resources used in their manufacture. The spread of dandelions is frequently increased by use of weed killers, since the openings created in the turf provide sites for the establishment of dandelion seedlings, as well as crabgrass.

## **TROUBLESHOOTING FOR MORE EFFICIENT COMPOST**

<b>SYMPTOMS</b>	<b>PROBLEM</b>	<b>SOLUTION</b>
Compost has a bad odor	Not enough air	Turn it
Center of pile is dry	Not enough water	Collect more material and mix old ingredients into a new pile.
Compost is damp and warm in the middle but nowhere else	Pile is too small	Collect more material and mix old ingredients into a new pile
Heap is damp and sweet smelling but still will not heat up	Lack of nitrogen	Mix in a nitrogen source like fresh grass clippings or fresh manure

