

Why should you care?

Did you know that when you shower or do laundry, you are dumping harmful chemicals into our water sources, including the Duwamish River and Puget Sound? Even though you may be “cleaning,” you are actually adding lots of dangerous substances (like chlorine, phthalates, and caffeine) to the environment. Researchers are now finding these substances *inside* our bodies. When these chemicals enter our water sources, they enter our bodies through drinking water or eating animals that live in the affected areas. In a recent study, every person had at least 26 out of the 39 dangerous chemicals tested remaining in their bodies, which contributes to higher disease and cancer risks.



Duwamish River Cleanup Coalition

What can you do?

There are some simple choices you can make in your day-to-day life, even as a college student, to decrease your pollution and help save the planet.

Resources

Cosmetics Database: Check if your products contain harmful chemicals, and find alternatives.

www.cosmeticsdatabase.com

Green Products: Find reusable, organic and biodegradable products.

www.buygreen.com

www.simplygoodstuff.com

Research and Get Involved: Local agencies dedicated to improving environmental health, cleaning our water, and taking care of parks and shoreline areas of City of Seattle.

- Duwamish River Cleanup Coalition (www.duwamishcleanup.org)
- People for Puget Sound (www.pugetsound.org)
- Nature Consortium (www.naturec.org)
- Washington Trails Association (www.wta.org)
- Washington Toxics Coalition (www.watoxics.org)

Sources and Thanks To:

Cari Simson and the Duwamish River Cleanup Coalition

Study: “Pollution in People” by the Toxic Free Legacy Coalition of Washington State (www.pollutioninpeople.org)

“Turning the Tide on Toxics” a People for Puget Sound Publication

Make Your Residence Hall Eco-Friendly!



Easy Changes

- ✓ Use dish towels or cloth napkins instead of paper towels/napkins
- ✓ Recycle!
- ✓ Compost!
- ✓ Don't Litter!
 - When substances aren't properly disposed of, they get into our soil and water sources
- ✓ Unplug all chargers when not in use
- ✓ Turn off all light and electronics when you leave
- ✓ Turn down your heat or AC
 - Open a window or put on extra layers instead
- ✓ Only do full loads of laundry
- ✓ Eat local and/or organic
 - Reduces agricultural chemicals and transportation pollution
- ✓ Take shorter showers
 - Start a short shower contest with your friends
- ✓ Read a book instead of watching a movie
- ✓ Take leftover/old medications back to the pharmacy
 - They will be properly disposed of instead of running into our water

Product Choices

- Buy recyclable paper towels
- Get bio-degradable cleaners or hand soap
 - Like the Clorox® Green Works® Line
- Buy chlorine-free paper products
- Use a biodegradable laundry detergent
- Reuse or get reusable bags for groceries/s hopping
- Use a BPA-free reusable water bottle instead of buying bottled water
- Use a microfiber towel to dust and clean
 - Reduces the amount of cleaning chemicals in your home environment
- Get a few dishes and silverware for your room instead of using paper plates
- Support local businesses
- Support businesses that strive to be eco-friendly
 - Stonyfield Farms®, Starbucks®, etc.

Around Campus

- ✓ Print draft papers on the backside of scrap paper
 - Most departments have a ton of scrap paper left in their printers/copiers. This means buying less paper for you!
- ✓ Ask to turn in assignments online
- ✓ Figure out where the nearest trash/recycle/compost bins are and use them
- ✓ Know which items your food service uses are recyclable or compostable
- ✓ Ask your housing department to provide trash and recycle bins for their residents (if they don't already)
- ✓ Get your RA to organize a day of environmental service in your area
- ✓ Have a contest on your floor to see who can reduce their trash the most in a week