



<http://www.publicradio.org/columns/sustainability/greenwash/>

Start 2009 with Heidi's consumer resources list

Heidi's consumer product posts have always generated discussion among Greenwash Brigade readers. Start 2009 with a list of Heidi's favorite consumer resource sites. Enjoy, and happy new year!

Vehicles

- Greener Cars: <http://www.greencars.org>. The [American Council for an Energy Efficient Economy](#) put together this site — all energy, all the time.

Personal Care Products (shampoos, cosmetics, deodorants)

- The [Environmental Working Group](#) runs the [Campaign for Safe Cosmetics'](#) site, which contains a searchable database called the [SkinDeep database](#). The EWG spent over a decade compiling this rigorous database on all things slick and pretty- this is a particularly important site for parents choosing products for babies and growing children.

Food

- The [Organic Consumers Association](#) has a drop-down menu so you can find local food groups in your state.
- the [Chefs Collaborative](#) is an organization of smart, yummy and ecologically sound chefs and foodies — they first brought contextual farming issues to the table for chefs on a national basis. (*Disclaimer: Siegelbaum is a member of the Chefs Collaborative.*)
- The [Healthy Eating Advisor](#) is a balanced nutrition and healthy eating site.
- The [Food Alliance](#) offers ecolabels for food, including the unexpected!
- Buy local food from your farmer's markets when you can, and organic if possible.
- [Environmental Working Group's Food News](#) has information on which foods contain the most and least pesticides. Don't miss the easy-to-download wallet guide to pesticides.

Toys

- [Healthy Toys](#) is a relatively new site. Many toys are laden with lead and other toxics that will wreak havoc on your kid's development — 2009 is the perfect time to return your toxic baddies!

Energy Issues

- This PDF on [carbon offset programs](#) lists the programs where you can buy carbon offsets — though they're fraught with difficulties in choosing wisely.
- Buying renewable energy: <http://www.green-e.org>

- Appliances: [Energy Star®](#)

Electronics

- [Electronic Product Environmental Assessment Tool, or EPEAT®](#) is a program of the Green Electronics Council. Although not applicable to all electronics, it provides easy-to-download information on monitors, laptops and notebooks and is being used by many cities and states to help green their computer purchases.
- Responsible End of Life for electronics at computertakeback.org: Be smart about exiting your electronics — this site offers tips on putting your computer to rest responsibly.

Healthy Indoor Decor

- Many indoor products contain toxics that can trigger asthma, allergic reactions and are developmental or neurotoxins. Never use fragrances to mask odors. <http://www.greenguard.org>.
- Avoid any consumer product that is labeled with “perfume” or “parfum.”

Cleaning Products

Put your faith in non-profit and government sites that provide 3rd party certification for products. Although not always air-tight, they are almost always better than company-generated eco-claims.

- [EcoLogo](#)
- [EPA's Database](#)
- [Women's Voices of the Earth](#) shows you how to make your own great cleaners — a fun project with kids.
- [GreenSeal®](#)
- Don't assume because a non-profit logo is on a product it's safer or greener.

(Disclaimer: Siegelbaum is involved in chemical policy through a chemical policy planning committee by the Product Stewardship Institute and the North American Hazardous Materials Management Association.)