

## 11

## Create a Healthy Pregnancy

A healthy pregnancy *and* cancer prevention both begin well before that remarkable moment when sperm meets egg.

It's apparent that later life cancers may originate from prenatal exposures (see p. 14), but the hazards do not always fall neatly into pre- and post-conception time slots. The harm to an infant's health can sometimes begin before conception, from damage to the mother's egg or father's sperm — or perhaps from chemical

If we want to have good health for the whole of our lives, and if we want to protect the health of our children, we can start early — before we conceive the next generation.<sup>1</sup>

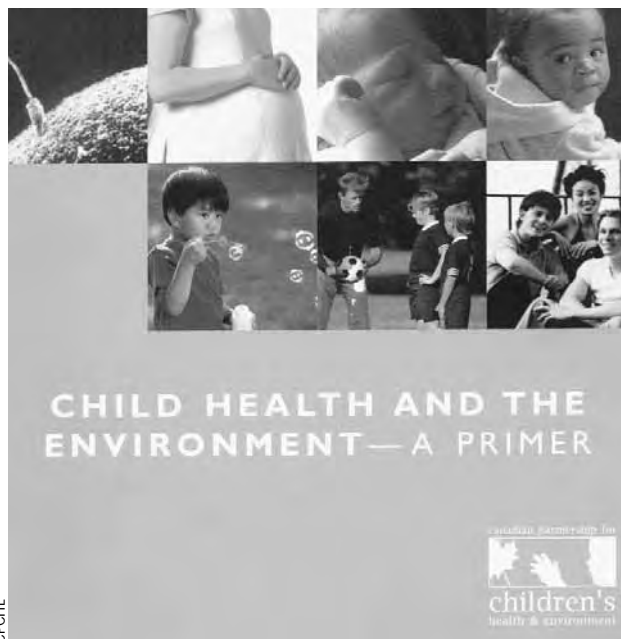
— Sat Dharam Kaur, ND

exposures several generations prior, as the emerging science of epigenetics reveals.<sup>2</sup>

Would-be parents of both sexes need to protect themselves from workplace hazards,<sup>3</sup> eat healthy — preferably organic — food with a minimum of meat, drink plenty of pure water, and make their home a safe place to conceive and raise children. Some health professionals suggest detoxifying with saunas and juice fasts to improve the likelihood of successful conception and to reduce the burden of toxic chemicals that may later affect your baby-to-be.

Now let's suppose you're already pregnant. Our best advice is to swear personal, unswerving allegiance to the precautionary principle throughout your pregnancy, and (ideally) forever. The mistaken belief that a fetus is protected by the placenta was shattered by the tragedies of thalidomide and diethylstilbestrol (DES), drugs prescribed to pregnant women decades ago.<sup>4</sup> We now know that developing infants are exposed to virtually all the pollutants that circulate and are stored in the blood and tissues of their mothers: "The umbilical cord carries not only the building blocks of life, but also a steady stream of industrial chemicals, pollutants and pesticides that cross the placenta as readily as residues from cigarettes and alcohol" (*Body Burden: The Pollution in Newborns*).<sup>5</sup> (See p. 4.)

It is not possible to keep all man-made pollutants out of our bodies — that won't happen until they are banned forever from air, water, soil, food and consumer products. But there are many ways to reduce your exposure, and your developing infant's:



The cover of the excellent resource, *Child Health and the Environment — A Primer*, by the Canadian Partnership for Children's Health and Environment ([www.healthyenvironmentforkids.ca](http://www.healthyenvironmentforkids.ca))

- The *First Steps Program* by biologist, mother and cancer survivor Sandra Steingraber, is based on advice in her superb book, *Having Faith: An Ecologist's Journey to Motherhood*.<sup>6</sup> It is sponsored by Healthy Child, Healthy World, which has many more outstanding resources for parents and babies at all stages of development: [www.healthychild.org](http://www.healthychild.org)

- *10 Steps to Reduce Risks If You're Pregnant*: [www.thegreenguide.com](http://www.thegreenguide.com) (Search "Pregnancy Risks")

Some other advice while you're pregnant:

- Reduce indoor air pollutants. Keep your house well ventilated and use simple, home-made cleaners (see Solution 7). *Home Safe Home*: [www.dld123.com](http://www.dld123.com)
- Don't smoke, and eliminate all exposure to second-hand smoke.
- Remove your carpets if possible, and replace with healthy flooring (see Solution 6).
- Avoid home improvement projects that require the use of hazardous materials.
- Eat organic, fresh, local food whenever possible. Pay attention to freshwater fish advisories for pregnant women, and restrict consumption. If you do eat meat, trim fat even from organically raised meat products.
- Don't use toxic pesticides on the lawn or in your home. There are many better choices.
- Avoid solvents in dry-cleaning fluids, gasoline, spot removers and carpet cleaners. Stay away from fresh paint.

- Find out about releases of industrial pollutants in your community.

For the US: [www.scorecard.org](http://www.scorecard.org).

For Canada: [www.pollutionwatch.org](http://www.pollutionwatch.org)

- "Recognize that that you have an intimate relationship with tap water whether you drink it or not. Breathing, not drinking, is our main route of volatile pollutants in tap water" (Sandra Steingraber).
- Avoid traffic exhaust, refueling your car (benzene) and diesel emissions.
- While you wait for your new arrival, join the Coming Clean campaign for organic personal care products: [www.organicconsumers.org/bodycare](http://www.organicconsumers.org/bodycare).

- The *Health Before Pregnancy Environment Checklist* offers commonsense advice on air quality, food, everyday chemicals and renovations to avoid during the crucial preconception period: [www.healthbeforepregnancy.ca](http://www.healthbeforepregnancy.ca)

- For more information on preconception health care, see the Center for Occupational and Environmental Medicine: [www.coem.com](http://www.coem.com)

- The June 15, 2002 edition of *American Family Physician* addresses a wide variety of maternal health issues, including environmental exposures: [www.aafp.org](http://www.aafp.org)

- Foresight — The Association for the Promotion of Preconceptual Care is packed full of useful information: [www.foresight-preconception.org.uk](http://www.foresight-preconception.org.uk)

## 12

## Create a Healthy Home for Your Baby

Infants and children are not just small adults. They absorb more toxic substances because, pound for pound, they eat, drink and breathe more than grown-ups do. Children live closer to the ground where toxins often accumulate in higher concentrations than they do up in adult territory. Your baby's kidneys and liver — the body's main detoxing organs — and its immune system do not function fully at birth, so the less exposure to toxic products at this earliest stage of life, the better.

The last skill you might put on a list called "The Top Ten Most Useful Talents for Brand New Parents" would be Becoming a Household Detective. (Maybe later, when they're teens...) However, it is essential to scrutinize your home with great care well before your new baby arrives to make it as non-toxic as possible, so get out your magnifying glass.

### CAUTION: Don't use "anti-bacterial" cleaners

There *are* some good, useful germs, so don't scrub down the nursery with cleaners containing "germicidals" and "anti-bacterials." The excellent book *Green Living* explains that infants need both good bacteria and bad to prime their immature immune systems. "Germ-killing soaps are unnecessary and even risky. Most anti-bacterials contain pesticides and, sometimes, even formaldehyde...A common ingredient, triclosan, actually mutates the genes of the bacteria, raising concerns about the creation of 'superbugs' and antibiotic resistance."<sup>1</sup> For "hot spots" — kitchen counters, baby's change table — that need to be disinfected, try a natural botanical product such as Benefect ([www.benefect.com](http://www.benefect.com)).

The precautionary principle has been around a long time, probably as long as human mothers... It's the credo that prompts us to buckle seat belts, get out of the pool when lightning flashes, and throw away the mysterious leftovers discovered in the back of the refrigerator.

— Sandra Steingraber

You don't have to start from scratch, because Healthy Child, Healthy World, based in Los Angeles, has a terrific resource called *The Household Detective* that offers practical information on how to protect infants and children from toxins at home. It includes chapters on household cleaners, toys, art supplies, pest control, air quality, food and water, pets, "toxic trash" and a superb compilation of resources to help parents locate non-toxic alternatives. The fee for membership includes a copy of the handbook. *The Household Detective* also deals with issues related to asthma, allergies, autism, ADHD and other health problems that burden far too many of today's kids.

Or you can solve the major toxic "crimes" in the household yourself:

- **Cribs, mattresses and bedding:** Go for natural products, such as 100% wooden cribs with no chemical preservatives or finishes, or buy second-hand at yard sales and freshen up with a heavy metal-free, no-VOC (volatile organic compound) paint. Choose certified organic cotton and wools for the mattress, and formaldehyde-free crib blankets and sheets, not perma-pressed or treated with toxic flame-retardants.
- **Carpets and flooring:** Remove the carpets and replace them with wood floors finished with no-VOC products, natural linoleum, a green flooring product such as cork, as long as the veneers are not backed with vinyl or binders like formaldehyde, or area rugs made from natural materials (not petroleum) that

are easily washed with water (not dry-cleaned) and/or vacuumed regularly. Use a HEPA (high-efficiency particle arrester) vacuum cleaner to gobble up — and not redistribute — the toxic dust that is part of daily living.

- Paints, wallpapers and window coverings: Stay away from PVC plastics. Go for environmentally and baby-friendly paints.
- Electromagnetic fields: Best-case scenario is no electrical equipment close to your baby at all. Do your best to place the crib away from electrical currents. Check levels with a Gauss meter (see Solution 9).
- Toys: Avoid plastics, especially soft toys containing PVC or hormone-disrupting phthalates. Go for all-natural fiber and wooden products.
- Baby clothes: Aim for 100% certified organic fibers. Hand-me-downs washed in natural soaps are also a good choice.
- Diapers: If you can find a diaper service offering chlorine-free laundering and organic, all-cotton products, sign up! See [www.diaperpin.com](http://www.diaperpin.com)
- Personal care products for babies: At the time of writing, there were no regulations defining the word “organic” for personal care products for babies or adults. So be a healthy skeptic when it comes to words like “all-natural,” “organic” and “healthy.” Seek out trusted sources such as Debra Lynn Dadd’s *Home Safe Home*: [www.dld123.com](http://www.dld123.com).

- Canadian Partnership for Children’s Health and Environment: [www.healthyenvironmentforkids.ca](http://www.healthyenvironmentforkids.ca)
- *Children’s Environmental Health Resource Sampler*: [www.phpartners.org/cehir/sampler.html](http://www.phpartners.org/cehir/sampler.html)
- *The Green Guide: Better Basics for Your Baby’s Room*, Issue 102, May-June 2004. Also offers information on furniture, clothing, paints, varnishes and cleaning products (Subscription fee): [www.thegreenguide.com](http://www.thegreenguide.com)
- Green Home: [www.chec.greenhome.com/products](http://www.chec.greenhome.com/products)
- *Guide to Natural Baby Care: Non-toxic and Environmentally Friendly Ways to Take Care of Your New Child* by Mindy Pennybacker and Aisha Ikramuddin, John Wiley & Sons, 1999
- **Healthy Child, Healthy World**: [www.healthychild.org](http://www.healthychild.org)
- *Out of Harm’s Way: Preventing Toxic Threats to Child Development — Personal Guidelines for Parents and Future Parents*: [www.psr.org](http://www.psr.org)
- *Ten Steps to Our Children’s Toxic-Free Future*: [www.safer-products.org](http://www.safer-products.org)



MELISSA KING, DREAMSTIME.COM

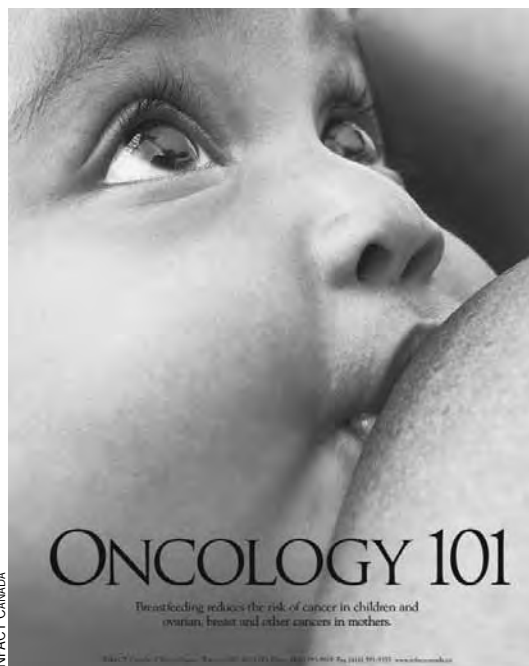
Among many ‘healthy home’ issues for babies is electro-magnetic radiation (EMR). Tip #1: Since magnetic fields penetrate through walls, a computer at the adjacent wall in the room next to the crib may expose your baby to magnetic fields. Tip #2: Avoid buying radio-powered toys for children; instead find ones with wires attached.

## 13

## Breastfeed Your Baby

**W**hy is breast milk best? For starters, human babies are far less mature at birth than the offspring of most mammals, and their body systems — including digestion and immunity — develop best when fed milk from their own species.

There's much more: Human breast milk is alive and brimming with immune boosters and anti-infective agents. It contains living cells that actually “eat” germs and is one of the few



“Breastfeeding reduces the risk of cancer in children and ovarian and other cancers in mothers.”  
INFANT Canada

The promoters of infant formula often proclaim that their latest blend is “closer than ever to breast milk.” Dr. Jack Newman, a Toronto pediatrician and passionate advocate of breast-feeding, responds with some basic geography: “Yes,” he says, “closer than ever. Just like Montreal is closer to Vancouver than Halifax is.”

substances that can attack viruses. Further, breast milk is always free, constantly the right temperature and convenient, especially in the middle of the night. For a lyrical and scientific summary of the merits of human milk, we recommend *Having Faith: An Ecologist's Journey to Motherhood*, by Sandra Steingraber.

For new mothers who are unable to breast-feed their babies, another emerging option is donated human milk, collected and pasteurized at a regional “milk bank.” Once a common practice, present-day milk banks at the Children's and Women's Health Care Centre in Vancouver, British Columbia, and the Mothers' Milk Bank in Austin, Texas, are at the forefront of a welcome revival.

On the whole, breast-fed infants grow up to be more intelligent and less obese than their formula-fed peers; they have fewer allergies, less asthma and a decreased incidence of heart disease and diabetes. And cancer? Breast-fed daughters have lower rates of breast cancer when they grow up, and mother's milk also protects against some childhood cancers, particularly leukemia.<sup>1</sup> Moms who have breast-fed their infants also benefit by incurring lower rates of breast and ovarian cancers.

Despite these remarkable advantages for both babies and their mothers, a depressing fact of life, especially in industrialized countries, is that the lipids (fats) in human breast milk are contaminated with trace pollutants that have hitchhiked up the food chain into all of our bodies and concentrate in fatty cells, including mother's milk.

Most persistent toxic substances are lipophilic — they cling to fat molecules and become more concentrated the higher they go. As Sandra Steingraber points out, human adults are not at the top of the food chain — a lactating mother's breast is. This means that breast milk has a higher concentration of toxic substances than any other food. Restoring the purity of breast milk is surely the best reason there is for applying the precautionary principle to prevent hazardous and potentially cancer-causing substances in the first place.

So, what's a new mother to do in the meantime? Answer: continue to breast-feed. The authors of the landmark Environmental Working Group study, *Mothers' Milk*, which found record levels of toxic fire retardants in the breast milk of 20 first-time American moms, are unequivocal: "The evidence is clear: Women should breast-feed their children and continue to do so for as long as possible...Breastfeeding may even reverse some of the damage caused by chemical exposures in the womb."<sup>2</sup>

When toxic substances are prohibited, their presence in breast milk soon declines. As the 2005 *Child Health and the Environment Primer* explains: "While DDT and PCBs are still found in breast milk, levels have declined steadily since these substances were discontinued and/or banned in the 1970s. Dioxin levels have also dropped in breast milk, alongside and following regulatory controls."<sup>3</sup>

In Sweden and other European countries, levels of toxic fire-retardants (PDBEs) in breast milk, which began to increase in the 1970s, are

- *Child Health and the Environment — A Primer:* [www.healthyenvironmentforkids.ca](http://www.healthyenvironmentforkids.ca)
- *In Harm's Way: Toxic Threats to Child Development:* <http://psr.igc.org/ihw-project.htm>
- Infant Feeding Action Coalition of Canada: [www.infactcanada.ca](http://www.infactcanada.ca)

now falling in the wake of a ban in the late 1990s. In Canada and the United States (other than California), where controls are less stringent, trace amounts of these contaminants continue to increase in human milk. The message doesn't get much simpler: We must act quickly with much safer substitutes.

Although the lipids in most infant formulas are from sources lower on the food chain than human milk, there are other concerns about breast milk substitutes:

- Mixing formula powders with drinking water can expose babies to a variety of contaminants. As the Environmental Working Groups pointed out, "Infants under four months of age get more than seven times the dose of chemicals in tap water than an adult would get."<sup>4</sup> Chlorine by-products, pesticides, solvents, nitrates and arsenic are among chemicals of concern in many tap water supplies. Effective home water filters are a must.
- Polycarbonate plastic baby bottles can leach the hormone disruptor bisphenol-A (BPA) into formula when heated.<sup>5</sup> Opt for good old-fashioned glass baby bottles instead. (Google on "Evenflo Glass Baby Bottles")

When it comes to getting our babies off to the very best start in life, pure and untainted breast milk is their birthright — and our first responsibility.

## 14

## Feed Your Kids Organic Whole Foods

Here are the top three reasons why organic food is best for babies (and all of us):

1. It reduces exposure to chemical pesticides.
2. There is evidence that organic food can protect us against cancer (see p. 42).
3. It's wiser to err on the side of precaution — to be safe rather than sorry.

We add these two extra morsels of advice:

- Set a great example for your kids by eating well yourself.
- Develop a thick skin.

- Downloadable wallet card of foods with the most pesticide residues: [www.foodnews.org](http://www.foodnews.org)
- Eating Organic for Less than Processed Food: [www.mercola.com/2005/feb/16/organic\\_food.htm](http://www.mercola.com/2005/feb/16/organic_food.htm)
- Environmental Working Group: [www.ewg.org](http://www.ewg.org) (search Food Safety)
- *Good Stuff — Baby Products*: [www.worldwatch.org/node/1478](http://www.worldwatch.org/node/1478)
- *Guide to Food Additives*: [www.cspinet.org/reports/chemcuisine.htm](http://www.cspinet.org/reports/chemcuisine.htm)
- Healthy Snacks: [www.enviroalternatives.com/foodsnacks.html](http://www.enviroalternatives.com/foodsnacks.html)
- No Splenda or Aspartame: [www.generationgreen.org/2005-01\\_lead-story.htm](http://www.generationgreen.org/2005-01_lead-story.htm)
- *Organic: A Choice for Our Children*: [www.drgreene.com/21\\_868.html](http://www.drgreene.com/21_868.html)
- Organic Food and Pesticide Residues: [www.consumerreports.org](http://www.consumerreports.org)

When you choose organic, you're not only protecting your family's health, you're helping to protect the environment, too. The environment is our groundwater ... it's our world. Organic is healthy for farmers, healthy for plants, healthy for animals, and healthy for kids. It's a legacy we can feel good about leaving to future generations.

— Dr Alan Greene

This last advice is obvious but often overlooked. “Do as I do, not just as I say” will pay big dividends for both you and your kids. And the thick skin? You'll need it to fend off the billions of dollars' worth of advertising aimed directly at your children to lure them into consuming sugary, low-nutrient fast food that's contaminated with pesticides.

“For every \$1 spent by the World Health Organization on trying to improve the nutrition of the world's population, \$500 is spent by the food industry on promoting processed food” (International Association of Consumer Food Organizations).<sup>1</sup> So be prepared to be relentlessly badgered for junk food “treats” when your toddler starts watching TV and sets off to kindergarten.

**News Flash! *Healthy food for kids doesn't have to be boring!*** It can be delicious, packed with good nutrition and fun to eat. Snacks such as berry blends, smoothies with fresh peaches and yogurt, fruit kabobs and seasoned nut and seed mixes can all leave kids smiling and satisfied.

Dr. Alan Greene, the Palo Alto, California-based pediatrician whose website, [www.DrGreene.com](http://www.DrGreene.com), gets several million hits a month, is an organic food advocate. In *Organic: A Choice for Our Children*, he offers practical suggestions about feeding kids healthy foods and says “fun presentation” really helps: “Preschool children often love food that is shaped like

something interesting — a face, a clown, a dinosaur, a favorite hero, etc.” He adds, “When all else fails, sneak it in. Make zucchini bread, carrot muffins. Add shaved vegetables or pieces of fruit to virtually any baked good.”<sup>2</sup>

One of the keys is to start children on the path to lifelong healthy food habits as soon as they’re ready for their first pureed mouthful. Mothers and Others for a Livable Planet’s *Guide to Natural Baby Care* recommends that parents go organic when making the transition to baby’s first food. Commercial products such as Earth’s Best and Gerber’s Tender Harvest win their applause, as does homemade fare, which is not as labor-intensive as it may sound. (Got a blender? Go!)

Organic foods are becoming more and more widely available, and prices are coming down. Careful bulk shopping for fresh, whole food will actually lower your grocery bill if you’ve previously been buying mostly processed foods.<sup>3</sup>

One final piece of advice: Urge your local cancer society to recommend organic fruits, veggies and other whole foods. It’s good for all of us, and the planet too.

Nancy and Jim Chuda of California did everything possible to protect the health of their young daughter, Colette. They even fed her organic baby food produced by Nancy’s own baby-food company, Baby’s Choice. But at age four, Colette was diagnosed with a rare cancer known as Wilm’s Tumor, and died in 1991 at five years of age. Genetic testing showed that Colette’s cancer was not inherited. The Chudas suspected environmental contamination, a hunch that was given credence by a study associating Wilm’s Tumor with pesticide exposure.<sup>6</sup> The Chudas transformed their grief into action by creating a coalition now called Healthy Child, Healthy World, dedicated to protecting children by eliminating environmental toxins including pesticides on food. See [www.healthychild.org](http://www.healthychild.org)



Colette Chuda

HELEN NEWCOM-JOHNSON

University of Washington researchers tracked a group of preschool children — 18 with organic diets and 21 with conventional diets — and analyzed their urine for evidence of exposure to five different kinds of toxic pesticides. They found that the average total was six- to almost nine times higher for children with conventional diets than for children with organic diets. Conclusion? Consuming organic fruits and vegetables can provide a relatively simple means for parents to reduce their children’s pesticide exposure.<sup>4</sup>

# 15

## Take Action for Healthy Schools

Just how quickly kids get exposed to toxins in school became clear when the ABC Television show *Good Morning America* conducted an experiment in a classroom at P.S. 8 in New York City in October 2005.

First, we applied Glo-Germ, a non-toxic powder only visible under ultra-violet light, in areas where pesticides are most likely to be sprayed or settle, like baseboards, windowsills and desktops. Then we invited the kids to play. After only 20 minutes, we showed them the stunning results. Using UV light, we found traces of Glo-Germ all over their clothes, hands and faces.<sup>2</sup>

### How to know if your school has environmental problems

- The building is new or newly renovated, and smells like paint, varnish or glue.
- The building is fully carpeted.
- Your child goes to school healthy, but comes home ill, cranky or exhausted.
- Your child comes home with odors clinging to his or her clothing.
- Building maintenance and repair costs are often cut at budget time.
- Fumes are seeping into the building.
- The building and grounds are routinely treated with pesticide sprays.
- Construction work is messy, and debris surrounds the school.

Studies show that one-half of our nation's schools have problems linked to indoor air quality. Students, teachers and staff are at greater risk because of the hours spent in school facilities and because children are especially susceptible to pollutants.

— Environmental Protection Agency (EPA).<sup>1</sup>

Cleaning up schools is critical to good health. More than 50 million students and 5 million teachers and support staff in the US are exposed daily to radon, asbestos, chemical fumes, pesticides, molds, lead and other toxins.<sup>3</sup> These are just a handful of many health-threatening problems found in and around our children's schools.

In addition to cancer, there are a host of environmentally linked health and learning woes facing today's students — asthma, attention deficit disorders, autism, allergies, and so on. The good news is that, when risks associated with cancer are addressed, the triggers for many other disorders are also reduced or eliminated.

Here are some of the cancer prevention actions that all schools should act on:

- Reduce diesel bus emissions, e.g., siting of drop-off areas, unnecessary idling.
- Eliminate toxic products used for cleaning and maintenance.
- Eliminate toxic art supplies.
- Stop all pesticide use, indoors and out.
- Protect against radon.
- Eliminate asbestos.
- Phase out the use of polyvinyl chloride (PVC).
- Improve indoor air quality. Eliminate chemical off-gassing from carpets, paints, flooring, cabinets, etc.
- Eliminate chromium copper arsenate from wooden playground equipment.
- Eliminate electromagnetic radiation from the siting of radio or cell towers at schools.
- Control dust (the purveyor of many toxic substances).



- Avoid proximity to dirty industries, toxic waste sites and nuclear facilities.

This last concern is different. What can parents do when a school or playground has been sited near a major pollution source? The best strategy is to avoid such insanity in the first place; therefore, an active interest in school siting ought to be a top priority for parents and child advocates — see the report *School Location Matters: Preventing School Siting Disasters*.<sup>4</sup>

All parents should be concerned about the state of their children's school. The Healthy Schools Network recommends these steps to organize a Healthy School action group:

- Ask your school or parent group to learn more about making your school a healthier place for all children.
- If they are too busy, create your own group.
- Commit to investigate a few simple but important issues.
- Ask others to join you. Investigate together and share information regularly.
- Create fact sheets that your group supports.
- Test your facts: visit your school principal or superintendent together and ask questions; review the fact sheet after your visit and edit if necessary.
- Pick your issues to work on (our priority here is cancer, so we suggest the cancer prevention issues listed above).

- The ABCs of Healthy Schools: [www.childproofing.org/ABC.pdf](http://www.childproofing.org/ABC.pdf)
- Active & Safe Routes to School and International Walk to School Week: [www.goforgreen.ca/asrts](http://www.goforgreen.ca/asrts)
- Back to School Environmental Checklist: [www.besafenet.com/checklist.pdf](http://www.besafenet.com/checklist.pdf)
- Beyond Pesticides School Publications and Reports: [www.beyondpesticides.org/schools/publications](http://www.beyondpesticides.org/schools/publications)
- Childproofing Our Communities: [www.childproofing.org](http://www.childproofing.org)
- Citizens for a Safe Learning Environment (Canada): [www.chebucto.ns.ca/Education/CASLE](http://www.chebucto.ns.ca/Education/CASLE)
- Clean School Bus USA: [www.epa.gov/cleanschoolbus](http://www.epa.gov/cleanschoolbus)
- Community Organizing for Environmental Health: [www.eco-act.org/programs.html](http://www.eco-act.org/programs.html)
- The Edible Schoolyard: [www.edibleschoolyard.org](http://www.edibleschoolyard.org)
- Electric and Magnetic Fields: [www.cehn.org/cehn/resourceguide/emfs.html](http://www.cehn.org/cehn/resourceguide/emfs.html)
- Generation Green's School & Playground: [www.generationgreen.org](http://www.generationgreen.org)
- Green Flag Program: [www.greenflagschools.org](http://www.greenflagschools.org)
- The Green Schools Initiative: [www.greenschools.net](http://www.greenschools.net)
- Healthy Schools Network: [www.healthyschools.org](http://www.healthyschools.org)
- Illinois Healthy Schools Campaign: [www.healthyschoolscampaign.org](http://www.healthyschoolscampaign.org)
- Indoor Air Quality Design Tools for Schools: [www.epa.gov/iaq/schooldesign/](http://www.epa.gov/iaq/schooldesign/)
- Site Selection, National Clearinghouse for Educational Facilities: [www.edfacilities.org/rl/site\\_selection.cfm](http://www.edfacilities.org/rl/site_selection.cfm)

- Communicate as a group: create your own name and letterhead to establish a higher profile.
- Write letters; keep copies; track responses; see change happen.
- Celebrate with your school when you succeed in making positives changes.