

The Green Notebook

Keeping Your Goblins Green This Halloween

Here are some Halloween safety tips from EWG—Environmental Working Group. Their suggestions might help you put some “green” practices in your holiday traditions. EWG recommends you:

- Pick play makeup carefully. Avoid face paints containing lead as well as nickel, cobalt and chromium. Also avoid lipsticks which may contain hidden lead—especially with little ones who tend to lick and eat what is on their lips. Avoid nail polishes with harmful chemicals like dibutyl phthalate & toluene. Opt for gloves or select safer nail polishes (go to www.cosmeticdatabase.com to find safe selections).
- Skip the colored hairsprays which may contain toxic chemicals and fragrances which kids could easily inhale. Instead, go for a great hat or a wig or create hair-dos using hair accessories.
- Don't wear synthetic facemasks or teeth which can contain a variety of toxic plastics. Opt for making your own mask from simple materials or try a half-face, masquerade-style mask.
- Choose fragrance-free candles made from bee, palm or soy wax. Traditional paraffin candles are made from petroleum by-products and give off toxic compounds.
- Offer treats with fewer more natural ingredients, like pretzels, popcorn bags or granola bars or even little toys and treats. What's the big deal about candy? Well, as Dr. Alan Greene explains, when you were a kid, your favorite sweets weren't made with high fructose corn syrup and genetically- modified, partially hydrogenated (trans) fats. So, the big deal is to choose treats wisely.
- Consider a costume swap among friends rather than buying a new one or check at re-sale shops.

To learn more about making your Halloween more eco-friendly, check out www.ewg.org/healthyhometips/halloweentips.

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