

Back to School Tips from CEHC Experts



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It's nearly the end of summer and time for the kids to head back to school. Here are some simple tips to encourage healthy habits and get them off to a great start!

1. CHOOSE NON-TOXIC SUPPLIES

Purchasing non-toxic and eco-friendly supplies is not only safer for your child but great for the environment.

- Choose backpacks and binders that are not made with PVC or vinyl.
- Avoid scented markers, erasers, and other supplies.
- Avoid products labeled "anti-microbial".
- Purchase recycled materials and donate or recycle used markers, crayons and other office supplies.

2. PACK A NUTRITIOUS LUNCH

Good nutrition supports learning in the classroom.

- Choose lunch containers that are free of lead, BPA, PVC and "anti-microbial".
- Pack water in a stainless steel or BPA-free bottle. Skip the extra sugar in juice and soda.
- Avoid processed foods and choose produce from a local farmer or shop organic when possible. Look for fresh fruits and vegetables.
- Avoid containers with the recycling symbols #3, #6 and #7, which can contain chemicals.
- Encourage schools to adopt healthy lunch plans.

3. SHOP SMART FOR CLOTHES

Kids outgrow clothing quickly. If you shop for new clothes stick to natural fiber clothing such as cotton or wool.

- Don't purchase clothing promising stain-resistant, wrinkle-free, or odor-fighting performance technologies.
- Avoid sandals, shoes, boots, or rain gear made with PVC or vinyl.

4. GREEN THE COMMUTE

Help reduce air pollution, a major contributor to childhood asthma.

- Arrange walking or biking days with other parents and take turns chaperoning the kids to school.
- If walking or biking isn't an option, set up carpool or use public transportation.

5. EDUCATE YOUR FAMILY

Teaching your children why it's important to make greener choices will encourage them to take their own action to protect the environment.

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