



Recycling and  
Environmental  
Action  
Planning  
Society

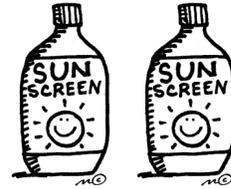
# Greening Your Office

...one tip at a time!

We care about the environment and we know you do too. Your office is a great place to make little changes that make a big difference. Here are some ideas to help you do just that. Provided monthly by R.E.A.P.S., we hope they inspire you to create change!

## GREEN TIP #83:

### The Skinny on Skin



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Are you ready for summer yet? Well regardless of season, you should be thinking about the health of your skin - even during the winter! If you wear make-up to your job, use hand cream at work, spend long hours in the field, or if you're on a business trip in Hawaii (lucky you!), consider using the right products that are healthier for your body and for the environment.

Many skin products including sunscreen may contain harmful preservatives such as **Parabens** (a.k.a. Methylparaben, butylparaben, and propylparaben) that are suggested to interfere with hormone function. Along with other chemicals that are present in some moisturizers such as **cinnamate**, **benzophenone**, and **camphor derivatives**, Parabens may also be contributing to the destruction of coral reefs!

The **Environmental Working Group (EWG)** sets high standards when recommending safer brands. Their criteria include important considerations such as:

- Products don't contain any ingredients with health, ecotoxicity, and/or contamination concerns.

- Full disclosure of ingredients on their label

There are safer brands available such as

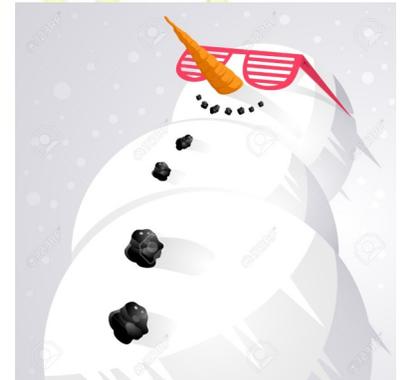
Check out the list of sunscreens that meet their criteria! There are many to choose from:

<https://www.ewg.org/sunscreen/best-sunscreens/best-beach-sport-sunscreens/>

<https://www.ewg.org/sunscreen/best-sunscreens/best-moisturizers-with-spf/>

Check out their complete website that is loaded with resources on public and environmental health:

<http://www.ewg.org/>



Do you have any questions or suggestions? Call or email us at [green\\_solutions@reaps.org](mailto:green_solutions@reaps.org)!