



## Take Action! Ten Meaningful Ways to Protect Children's Health

### Top Ten Action List

#### **1. Call your state and federal elected officials.**

Failed policies are the reason we have to worry about toxic chemicals affecting our children in the first place. And smart public policy can help fix this problem. Calling and/or writing your elected officials is the single most influential way you can make a difference.

***Ask them to support policies that protect children's health from unnecessary toxic chemical exposures. For example, ask them to support Healthy Legacy's phase out of BPA from children's products and the Toxic Free Kids Act.***

Feel free to tell them about your personal experiences and feelings. They need to hear from you!

Not sure who represents you? Visit [www.leg.state.mn.us/leg/Districtfinder.asp](http://www.leg.state.mn.us/leg/Districtfinder.asp)

For more information on specific policies, contact Healthy Legacy at [info@healthylegacy.org](mailto:info@healthylegacy.org)

#### **2. Get Involved with Healthy Legacy**

Healthy Legacy has active teams of parents and concerned citizens like you taking action on various different levels. You commit only to what you are comfortable with! [info@healthylegacy.org](mailto:info@healthylegacy.org) or 612.870.3458

#### **3. Write a letter to your local newspaper**

Let your community know that these issues are important. A letter to the editor at your local newspaper tells the public, elected officials and press that this is something you care about. You can highlight the importance of specific policies that will protect children's health.

#### **4. Tell your friends and family**

Never underestimate the power of educating your friends and family!

**5. Ask questions at your local retailer**

Retailers have been very responsive to the public's concern about chemicals in products. Ask to talk to the manager at your local retailer and ask questions like "Do you know if BPA is in this bottle?" and encourage them not to sell products that contain harmful chemicals. As retailers have responded, so have manufacturing companies.

**6. Call the manufacturers of unsafe products**

When you go home and find some products that contain unnecessary toxic chemicals, call the manufacturer and let them know you are disappointed and will take your business elsewhere. Manufacturers have been responsive to consumer demands. Please note that the manufacturer will tell you that various chemicals like (BPA, toxic flame retardants, pesticides etc.) are safe and not harmful. They often provide and cite misleading information.

**7. Become a savvy shopper**

Although we can't shop our way out of this problem, there are some steps you can take to protect your family. Visit the Healthy Legacy resources page on their website for the Safe Guide to Children's Products, the Smart Plastics Guide and more!

**8. Talk to your local schools about creating a safe learning environment**

Schools are often places full of synthetic fragrance, harsh cleaning detergents and pesticide laden fields. Ask your children's school to start purchasing non-toxic cleaners, avoid using pesticides on school lawns, and create a fragrance free school policy.

**9. Host a Healthy Home Party!**

For a fun active way to get involved, invite your close friends and family to your house to discuss these issues. Healthy Legacy's easy Healthy Home Party Kit makes it easy to do! Contact Kim LaBo at [klabo@cleanwater.org](mailto:klabo@cleanwater.org) or 612.623.3666

**10. Call your elected officials again!**

This is truly the most meaningful way you can take action on these issues.