

## Healthy, Hip Choices that make everyone Happy!

Isn't it fun shopping for baby?

So many cute choices!

But loving your baby means you want safe choices too...so we're committed to delivering both, with:

- organic clothing, bedding, cloth diapers, teething and skincare...
- safe toys, furniture, strollers, gear and unique gifts...
- custom, A-Z nursery design to help you create the perfect welcome-home for baby, from adorable themes to custom window treatments and bedding, furniture and more.

We make it easy to make healthier choices for your baby with more confidence.

Come shop & learn, today,  
at [www.GreenPeaNursery.com](http://www.GreenPeaNursery.com),  
or at our Apex, NC store

Be informed, not perfect.  
Every little bit helps...



Healthy • Hip • Happy

120A N. Salem St, Apex, NC  
919-387-9880  
800-273-6489

## More resources here to help your family stay healthy



### Triangle Diaper Company

As a parent, your job is to enjoy your children. Ours is to protect this time by taking over the diapering dirty work. Eco-friendly cleaning, personalized attention, unique accessories.  
[www.trianglediapercompany.com](http://www.trianglediapercompany.com) 919-961-9885



### Pleasant Green Grass

Unlike conventional lawn care, Pleasant Green Grass uses organic products that are completely safe for people, pets, kids and the environment. Make the switch to organic lawn care.  
[www.pleasantgreengrass.com](http://www.pleasantgreengrass.com) 919-237-3062

All Natural



Cleaning Services

### All Natural Cleaning Services, Inc.

Clean Today, Toxic Tomorrow? Choose a residential and commercial cleaning service where everything is done with your health in mind, including using chemical free, earth, pet, and kid friendly products.

[www.allnaturalcleaning.com](http://www.allnaturalcleaning.com) 919-924-4678



### Comfortable Home Solutions

Maximizing Health by Creating: Healthy Indoor Air, Electro/Magnetically Safe Sleeping Areas, Use of Non-toxic Building Materials and Furnishings.  
[melealemon@gmail.com](mailto:melealemon@gmail.com) 919-387-5913



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Every little bit helps...

## 10 Healthy Options for Baby and You

A simple reference guide to help you decide which options your family can live with to create a healthy balance for your baby, your budget, and planet Earth

GreenPea™ Nursery  
120A North Salem St, Apex NC  
919-387-9880.  
[www.GreenPeaNursery.com](http://www.GreenPeaNursery.com)

Save  
for future  
reference!!

## 10 important decisions for a healthy baby & planet

Baby's safety is up to you, but in a world where so much is competing for attention and budget, it can be hard to make choices. Our list, arranged in order of highest health impact to your baby, can help you decide what's best for your family (*and the Earth, too*).

### 1. Mattress

**Why?** Your baby spends 10-14 hours/day on it; most have toxins: polyurethane foam, vinyl (PVC), phthalates, chemical fire retardants/barriers, and more.

**Step in the right direction:** Purchase an organic mattress. If you already own a conventional mattress, use an organic mattress barrier cover.

### 2. Skincare

**Why?** On average we come in contact with 126 chemicals a day during grooming - and absorb up to 60%. 89% of the 10,500 ingredients in personal care products have never been evaluated for safety by FDA/Cosmetic Ingredient Review Panel. Overuse of Triclosan (*antibacterial*), could be increasing incidence of allergies but has little or no impact on viruses (*cause of colds/flu*).

**Step in the right direction:** Less is more; baby only needs an organic diaper cream and organic hair/body wash. Avoid artificial fragrance and anti-bacterial products. Search for your sunscreen at [www.cosmeticdatabase.com](http://www.cosmeticdatabase.com) to check its safety.

### 3. Bottles/Pacifiers/Teethers/Formula

**Why?** Chemicals such as BPA and phthalates can be found in these products.

**Step in the right direction:** Avoid plastics with recycling numbers 3, 6 and 7 (*unless it's one of the new bio-based plastics*). Do not put plastics in the microwave. Avoid liquid formula in cans which may be lined with BPA. Choose silicone bottle nipples.

### 4. Indoor Air Quality

**Why?** The EPA has named indoor air quality as one of the top 5 environmental risks to public health. Modern construction has led to tighter homes but has also led to poor indoor air quality (*allergens/chemicals are trapped inside and re-circulated*).

**Step in the right direction:** Choose no- or low-VOC paints. Use dust mite barriers. Open windows; use an air purifier. Use a vacuum with a HEPA filter. Test for radon and carbon monoxide. Remove artificial fragrance/air fresheners. Add plants.

### 5. Furniture

**Why?** Glues, paints and stains on furniture emit harmful chemicals into the air your baby breathes.

**Step in the right direction:** Select solid hardwoods. Purchase second-hand furniture; but check for safety recalls. Allow new furniture to off-gas for several weeks before placing baby in the room.

### 6. Bedding/Apparel

**Why?** Conventionally-grown cotton is one of the most heavily sprayed crops; its pesticides and insecticides pollute our air, water and soil. Non-organic fabrics can contain toxic dyes, and chemical finishes can cause dermatitis.

**Step in the right direction:** Choose natural fibers, organic if possible, over synthetics. Wash fabrics before using in baking soda or a fragrance-free and dye-free detergent. Avoid chemical finishes such as wrinkle-free, stain resistant, etc.

### 7. Toys

**Why?** The European Union and 14 other countries have banned or restricted the use of phthalates, which soften PVC into vinyl, in children's products because they can disrupt hormonal balance; the U.S. has been slow to act.

**Step in the right direction:** Use fewer plastic toys, unless labeled phthalate free. Be extra careful with toys that will be placed in a child's mouth. Check safety at [www.HealthyToys.org](http://www.HealthyToys.org). Choose wooden toys with non-toxic finishes.

### 8. Car Seats

**Why?** Babies and children spend hours each week in their buckets/seats. Beyond crash test safety ratings, consider chemical emissions from your car seat.

**Step in the right direction:** Before purchase, check out [www.HealthyCar.org](http://www.HealthyCar.org) for car seats ratings. Consider covering synthetic fabric with a natural cover. Air your car seat outside (*but under cover*) for several weeks before use. Wash the cover.

### 9. Cleaning

**Why?** 150+ chemicals found in the average home have been linked to allergies, birth defects, cancer and psychological abnormalities. (*source: Healthy Child Healthy World.*)

**Step in the right direction:** Make your own cleaning products with: baking soda, lemon juice, vinegar or Borax. Use a vacuum with a HEPA filter.

### 10. Diapers

**Why?** Disposable diapers are the third largest source of solid wastes in our landfills. They contain chemicals that can emit gases like toluene, xylene and styrene.

**Step in the right direction:** Use cloth diapers, or consider alternating cloth diapers with disposables (*e.g., cloth diaper while at home*) or use a biodegradable disposable diaper.

Learn more -  
find side-by-side comparisons and buyer's guides -  
and order healthy, hip products for you and baby at

[GreenPeaNursery.com](http://GreenPeaNursery.com)

