

EWG's Shopper's Guide to Safer Sunscreens

BEST EASY-TO-FIND SUNSCREENS

- California Baby - any sunscreen
- Mustela - "Sun Cream" or "Sun Lotion, Bebe"
- Mission Skincare - "Face Stick"
- Neutrogena - "Pure & Free" or "Sensitive Skin"
- Blue Lizard - "Face", "Baby", or "Sensitive"
- Jason Natural or Earth's Best - "Mineral Based"
- Solar Sense - "Clear Zinc Sport Stick"
- CVS - "Sport Sunstick"
- Coppertone Water BABIES - "Pure & Simple"

READING THE LABELS

BUY

- **SPF 30 or higher** for best protection.
- **At least 7% zinc oxide or titanium dioxide** for broad spectrum protection.

AVOID

- **Oxybenzone or benzophenone-3:** skin absorption, allergies, hormone problems
- **Spray and powder sunscreens:** inhaling sunscreens can pose extra risks
- **Fragrance:** allergies, reproductive problems
- **Sunscreen with added bug repellent:** you can get too much of the pesticide in your body

WHY SUNSCREEN MATTERS

EWG's Sunscreen Investigation found that of nearly 500 name-brand sunscreens, don't protect skin from sun damage or contain hazardous chemicals -- or both.

IS YOUR SUNSCREEN SAFE?

EWG's 2009 Sunscreen Investigation found that of nearly 500 name-brand sunscreens, 3 of 5 don't protect skin from sun damage or contain hazardous chemicals -- or both.

FDA IS FAILING

After 31 years of delay, the government has failed to set mandatory, comprehensive sunscreen safety standards to protect consumers' health. In August 2007 FDA proposed first-ever UVA standards for sunscreen, but the rules are not yet final. In the meantime, companies are making misleading claims about product quality, and ineffective products crowd store shelves.



TOP 8 SUNSCREEN TIPS

- 1 **Protect kids!** Everyone is at risk from sun damage, but children are more sensitive to heat stroke and have higher risk for skin cancer later in life when they get too much sun. Keep children under 6 months out of direct sun.
- 2 **Avoid midday sun when intensity peaks.** Summer sun is more intense between 10 and 4, also at high altitudes and in the tropics.
- 3 **Seek shade or bring your own.** Cover up with a shirt, hat, and UV-protective sunglasses. Remember that invisible rays can reflect up toward you from the ground, so you may still need sunscreen if you wear a hat.
- 4 **Slop on sunscreen and reapply often.** Put it on before you go out in the sun. Sunscreen washes off in water and can break down in the sun -- reapply often. Wear daily on skin not covered by clothing.
- 5 **Using bug repellent?** Apply it at least 15 minutes after sunscreen to cut down on the pesticide soaking through the skin.
- 6 **Buy new sunscreen every year.** Start with our top picks list at cosmeticsdatabase.com/sunscreens.
- 7 **Wear SPF lip balm** to protect against sun damage.
- 8 **Use a daily moisturizer with SPF** when you're indoors near bright windows. UVA penetrates windows and damages unprotected skin.

Suggested Choices: Insect Repellents

(According to the Environmental Working Group)

For a more complete listing of safer insect repellents go to:

www.ewg.org or www.cosmeticsdatabase.com

Badger Anti Bug Balm

Super Supplements

www.badgerbalm.com

California Baby Natural Bug Repellent

Super Supplements, Huckleberry's

www.californiababy.com

Purple Prairie Botanicals Deet-Free Bug Spray

www.purpleprairie.com

Medicine Flower Bug Repellent (an established Oregon based business. Check out their site and phone them with questions. There was not info available on EWG for this product.)

www.medicineflower.com

The above suggestions for insect repellents, except for Medicine Flower Bug Repellent, are recommended per the EWG and their cosmetics database www.cosmeticsdatabase.com as safer alternatives and lower known health risks as compared with conventional Deet and chemical laden products.

We encourage you to make safer choices with regard to sunscreen and insect repellent for your children and your family through your own research and purchasing decisions. The above suggested products have been found to work well in repelling insects for most people, given that everyone has a different internal chemical makeup. These are also better choices with regard to the environment.

***It is always advisable to do a test of any skin product on a small area on the inner arm close to the elbow to make sure of no allergic responses to ingredients before using a product. It is recommended to purchase repellents and sunscreens separately, not combinations of both in the same product.

Some Suggestions for Healthy Snacks

Cascadian Farm Organic Granola Bars

Nature's Path Organic Granola Bars

Planter's NUT-rition individual packets

Dried fruit (brands which contain no pesticides, herbicides)

Tillamook Cheese individual packets

Roasted almonds, walnuts