

HOW SAFE IS YOUR SOAP?

NEAR LAKES



TERM TO BE AWARE OF

Biodegradable: able to be decomposed by bacteria to at least 90% water, carbon dioxide and biomass within six months or longer. ****Please note:** it is not safe to put soap of any kind directly into the lake whether it is biodegradable or not. It will negatively affect the lake's chemistry and impact aquatic life. Soil is the preferred medium to biodegrade.

(Muskoka Watersheds 2017)

Beware of Greenwashing!

Greenwashing is used to describe the act of misleading consumers regarding the environmental practices of a company or the environmental benefits of a product or service. (Greenpeace)

INTRODUCTION

I am often asked what soap or cleaning products are environmentally friendly being near a lake. What I can tell you is the number of products on the market can be overwhelming so how does one choose?

How to avoid being greenwashed:

Look for the *EcoLogo* or *Green Seal* for starters!

Avoid these ingredients:

Triclosan or *Triclocarbon*-is an antibacterial agent found in dishwashing liquids, hand sanitizers and even toothpaste. **TOXIC** to aquatic life!

DEA-related ingredients - found in moisturizers and shampoos. Can react to form nitrosamines, which may cause cancer. Harmful to fish and other wildlife

Sodium laureth sulfate- a foaming agent found in shampoos and dish soap -also **TOXIC** to aquatic life. Also according to the Ecology Centre in California, any ingredient with sodium included can be harmful to soil when flushed out through the graywater systems.

For more on misleading labels check out CBC's Marketplace with guest Adria Vasil, author of "Ecoholic".

<http://www.cbc.ca/marketplace/episodes/2012-2013/lousy-labels-home-edition>



SUGGESTED SOAPS

Laundry-Eco Max (Metro, 28 Bay St); *Pantry Savings Bulk & Health Food Store* (55 Bay St) - *Grandma's Pantry* at 183 Queen St in Killaloe which has a range of *Eco-Max* products.

Unscented Powdered Laundry- *Nellie's* (Costco), *Nature Clean*, *Laundry Tarts*, *Ecover*, *Seventh Generation*

(Avoid *Chlorox* and *Borax*)

Dishwashing/ dishwasher Soap:

Eco Max (Barry's Bay) or *Bio-Vert* (Pembroke)

(Avoid: *Simple Green*)

Personal Body care:

Dr. Bronner's 18-in-1 Castile products. -👍 -Adria Vasil *Mountain Sky* -

Both found at *Pantry Savings Bulk & Health Food Store-Barry's Bay* Have a product in mind? Check it out if it makes the grade here:

<http://www.ewg.org/skindeep/?inlist=Y>

No soap will be perfect. It is about choosing the right soap to minimize our ecological impact! Remember our lake is a source of drinking water for some.
~W. Wolak