

## EWG's Tips to Green your Halloween

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Dressing up and celebrating Halloween can be fun – especially for kids. It's easy to make it a healthy holiday for your family and the environment. Just follow these simple steps to green your Halloween routine:

**1. Pick play makeup carefully.** Many children like to wear colorful cosmetics as part of their costumes. If they do, make sure they're using safer products and applying them as directed. Visit [cosmeticsdatabase.com](http://cosmeticsdatabase.com) to look up your products and find safer ones.

### **Kids should avoid:**

- **Face paints** can contain lead, which can impact brain development at extremely low doses, as well as nickel, cobalt and chromium, which can cause skin sensitization and contact dermatitis.
- **Lipstick** can contain hidden lead. Because little ones tend to eat almost as much as they put on their lips, it is best to avoid lipstick all together. Opt instead for a shiny beeswax-based lip balm.
- **Nail polish** often contains dibutyl phthalate and toluene, chemicals linked to hormone disruption and cancer. If nail polish can't be avoided, choose carefully by using [cosmeticsdatabase.com](http://cosmeticsdatabase.com).
- **Cosmetics in powder form** can easily be inhaled. Depending on the particle size, the powder can lodge in children's nasal passages and even lungs – where it may cause damage.
- **Fragrance products** Read ingredient labels and avoid products listing "fragrance" – EWG research found that fragrances may contain allergens or hormone-disrupting chemicals.

**2. Skip the (colored) hairspray.** Many hairsprays contain toxic chemicals and fragrance. Kids can easily breathe in sprays. Instead, find a great hat or wig at a second-hand store; or create a great hair-do with ribbons, barrettes and safer, non-spray hair products.

**3. Burn more eco-friendly candles - if at all.** Candles can offgas toxic compounds. Choose fragrance-free candles made from bee, palm or soy wax. Traditional paraffin-wax candles are made from petroleum by-products.

**4. Don't wear synthetic facemasks or teeth.** Masks and fake teeth are made from a variety of synthetic materials that aren't always labeled. Plastics may be softened with endocrine-disrupting phthalates. Rather than cover your head in unknown, possibly toxic materials, make your own mask from simple materials or try a half-face, masquerade-style mask instead.

**5. Offer treats** that you would like your kids to receive. Hand out items that have fewer, more natural ingredients.

**6. Create a low-impact costume.** Rather than buying a new costume, get creative with items you already own or can get used at a local resale shop or from friends. Consider a costume swap at school or among friends.

**7. If you are going to a party** or planning a quick meal, skip the single-use dinnerware. Choose a more sustainable option, like compostable products.

**8. Decorate naturally.** Grab pumpkins, gourds and hay bales from a local farm to create a haunting scene and reuse decorations from year to year.