



PGC DAY 6: ORGANIC GREENER

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HOUSEHOLD PRODUCT



I chose ECOS laundry detergent from Costco because of the "green" name along with labels that boast "Earth Friendly" and "Safe Choice," common key terms in greenwashing.



HOUSEHOLD PRODUCT

Ingredients

Methylisothiazolinone: One of the last ingredients in the on the list had been found to be a neurotoxin according to the journal of neuroscience.

Cocamidopropyl betaine: A coconut derivative used to make more foam. It can irritant skin for some.

Sodium Coco Sulfate: A coconut derivative but sometimes with 1,4-Dioxane. 1,4-Dioxane is considered a hazard by the EPA and the CDC and is said to have been linked to cancer.

I think this is a greenwashed product, the ingredients are not very friendly, and can have detrimental impacts on people and the environment but are deemed "safe," even when they are not in large amounts. The name and packaging is misinforming.



HOUSEHOLD PRODUCT

A great alternative to laundry detergent? Soapnuts! These natural cleaners are dried skins of soapberries and are free of many different harmful chemicals. Compared to commercial detergents they are inexpensive, environmentally friendly, and also zero waste!



BODY PRODUCT

Veet Natural Wax strips feature green colored packaging and leaves, subtle differences that are eye-catching to the unassuming consumer



Ingredients

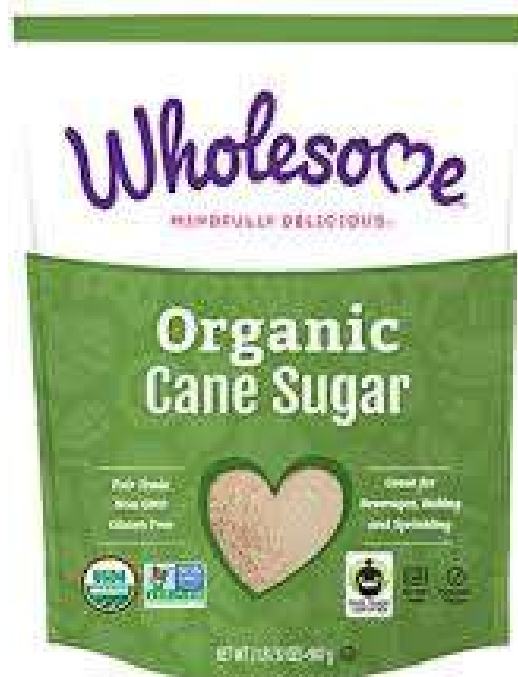
Titanium dioxide: A known carcinogen linked to lung cancer in animals that have been around it.

Silica: A very common mineral but can be dangerous to the lungs when mined

Triethylene glycol rosinat: Not known to cause toxic symptoms.

BODY PRODUCT

Overall, I definitely think this product is greenwashed just because the "naturally sourced resources" have been shown to cause different forms of cancer. A great alternative to commercially bought wax is sugar wax. You can purchase organic sugar and make your own sugar wax that has no negative health impacts.



Sugar Wax Recipe
2 cups White Sugar
1/4 cup Lemon Juice
1/4 cup water

Boil mixture until a golden brown then wait until just warm to use.

FOOD ITEM

This mayonnaise is advertised to be "made with whole eggs," and "extra virgin olive oil" selling something that sounds better than it really is in reality.

Ingredients

Disodium EDTA: This chemical is nontoxic when in small doses but is said to have environmental impacts because it is being pumped out in such high volumes.

Trans fats: Although not an ingredient, trans fats are a huge health concern due to their higher melting point. This leads to the clogging of arteries and high cholesterol levels.

Egg: According to "What the Health," the documentary by Kip Anderson, states that "Eating 1 egg per day is just as bad as smoking 5 cigarettes per day for life expectancy." The animal agriculture industry has many other negative impacts on the environment.

Nutrition Facts	
Valeur nutritive	
Per 1 tbsp (15 mL) / pour 1 c. à soupe (15 mL)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 100	
Fat / Lipides 11 g	17 %
Saturates / saturés 1 g	
+ Trans / trans 0.1 g	6 %
Polyunsaturates / polyinsaturés 3.5 g	
Omega-6 / oméga-6 2.5 g	
Omega-3 / oméga-3 0.9 g	
Monounsaturates / monoinsaturés 6 g	
Cholesterol / Cholestérol 5 mg	
Sodium / Sodium 90 mg	4 %
Carbohydrate / Glucides 0 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 0.1 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

INGREDIENTS:
CANOLA AND EXTRA VIRGIN OLIVE OIL, WATER, LIQUID WHOLE EGG, WHITE VINEGAR, LIQUID EGG YOLK, SALT, SUGAR, SPICE EXTRACTS (CONTAIN SOY), CONCENTRATED LEMON JUICE, CALCIUM DISODIUM EDTA.

INGRÉDIENTS:
HUILE DE CANOLA ET HUILE D'OLIVE EXTRA-VIERGE, EAU, ŒUF ENTIER LIQUIDE, VINAIGRE BLANC, JAUNE D'ŒUF LIQUIDE, SEL, SUCRE, EXTRAITS D'ÉPICES (CONTIENNENT SOYA), JUS DE CITRON CONCENTRÉ, EDTA DE CALCIUM DISODIQUÉ.



FOOD ITEM

This product definitely tries to sell a health product even stating that it is a source of Omega-3's, though it is a source of trans fats, the type fat you don't want to consume. In the states, trans fats are on the way to be banned however they are still prevalent in Canada!

There are recipes for homemade, vegan and GMO-free mayonnaise that taste great as well! The best thing is that it is cholesterol free and better for the environment.

Ingredients

1/2 cup unsweetened organic non-dairy milk

1 1/2 tablespoons ground golden flax

2 teaspoons cane sugar

1 teaspoon ground dry mustard

1 teaspoon onion powder

1/4 teaspoon salt

1 tablespoon organic white wine vinegar

1 tablespoon lemon juice

1 cup grapeseed oil



FUTURE SHOPPING

In the future, I will choose more natural alternatives and make some of my own products instead of supporting large companies that are about making a profit and not about the consumers or the environment!

SOURCES

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