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### Amy's recap of the Non-Toxic cleaning and living workshop

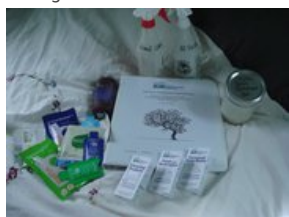
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by Rocky Mountain Sustainable Living Association on Friday, May 27, 2011 at 10:44am

As someone who is constantly learning new ways to become more friendly to our environment I know it gets a little overwhelming sometimes. For me it has been about taking small steps and gaining knowledge in the simplest way possible. I just had to write a note to tell you about my experience last night at one of the Sustainable Living Association's workshops.

Oh Man that was a great workshop! You definitely missed out if you didn't make it. The Institute for Environmental Solutions did a fabulous job. I feel like I am much better equipped now. I have an understanding of what to avoid when purchasing cleaning products and also know how to make my own!

We learned about a few key toxic ingredients that are found in the majority of household cleaning products and the problems they cause in our water system. But it didn't stop there. We were given a great binder with loads of information and resources in it including 3 handy reference guides that are wallet sized so you can take them to the store with you. Brilliant. I think my favorite piece of info was either the "Ten ways to reduce your chemical footprint" or the non-toxic cleaning recipes. I will be sure to share these with you on our FB Page.



We also got the opportunity to make our own non-toxic cleaning products! I made a wood cleaner, all purpose cleaner, and a soft scrubber all in about 15 minutes. It was so easy!

The Institute for Environmental Solutions was also kind enough to share some samples with us of non-toxic product so we can test them out :)

They will be having more workshops later on in the year. I highly recommend them!

Contaminant-Free grocery Shopping CEC workshop on October 6th  
Clean Up your beauty routine CEC Workshop on November 3rd.

Put them on your calendar and register here -  
<https://www.sustainablelivingassociation.org/workshops/cc.php>

~Amy Alcorn  
Taking it step by step

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