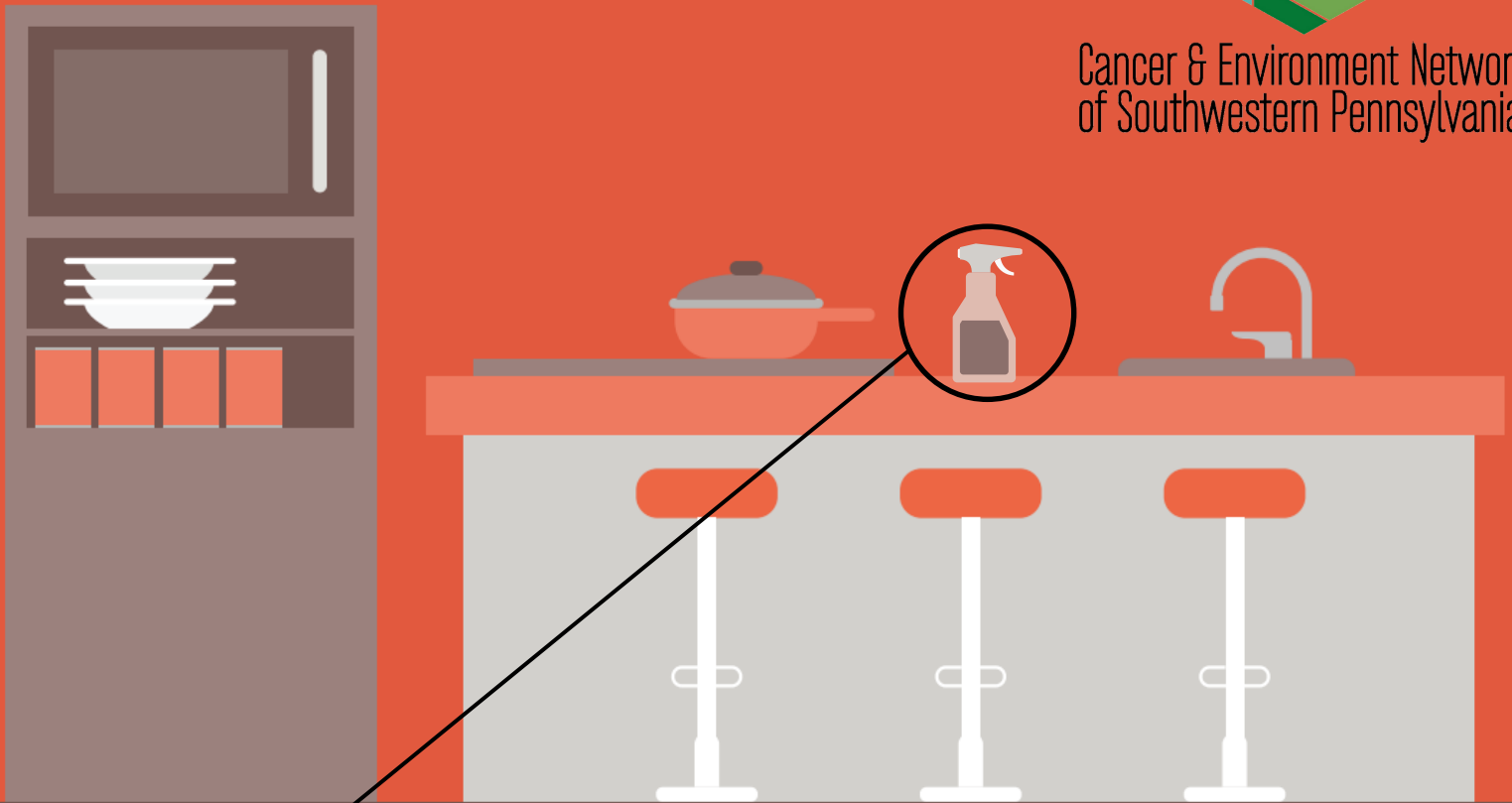


Kitchen



Cancer & Environment Network
of Southwestern Pennsylvania



Products used to clean kitchens can be toxic to our health and to the environment. A wide variety of toxic chemicals are routinely used as ingredients in cleaning products. These chemicals can irritate the skin and eyes and harm the respiratory tract when sprayed into the air. Some may also disrupt the endocrine system and may play a role in the development of cancer.

Remember - cleaning is the removal of germs and dirt from surfaces and disinfecting uses chemicals to kill germs.

Always clean first then disinfect only if necessary!

Safer cleaning practices can be implemented in three ways. A transition to safer practices should include changes to all three:

1. Use of safer alternatives for **products** to clean and disinfect, such as those approved by **UL, EcoLogo, EPA Safer Choice, and Green Seal.**
2. Use of safer **methods of application** of products to clean and disinfect, such as spraying the cleaner/disinfectant **into a towel instead of in the air.**
3. Use of products to clean all areas and only disinfect in the appropriate **locations**, such as in the **kitchen after handling raw meat.**

For more information, visit the following:

- [Cancer and the Environment of Southwestern Pennsylvania, Chemical Fact Sheet: VOCs](#)
- [Toxic Use Reduction Institute: Quaternary Ammonium Compounds](#)
- Safer products:
 - [UL EcoLogo](#), [EPA Safer Choice](#), and [Green Seal](#)