**A Quick Guide to Finding PFAS-free Products**

Per- and polyfluoroalkyl substances, also known as PFAS or “forever chemicals,” are a group of over 6,000+ man-made, toxic chemicals used in a variety of products. Two types of PFAS--PFOA and PFOS--have been phased out of production in the US, but not out of our environment. However, these two types have been replaced by other forms of PFAS that also cause severe threats to our health and environment.

PFAS do not break down in the environment. They can easily travel in air, dust, food, soil, and water. They can be found in water, fish, food, food wrappers, cosmetics, personal care products, clothing, fire-fighting foam, building supplies, and many household products: nonstick pans, rugs, and mattresses. Across the country, PFAS have been found in both public water systems and private wells, posing threats to many communities. There is also evidence that PFAS are present in our rain and snow.

The prevalence of PFAS in our everyday lives poses concerning health risks. These chemicals may cause thyroid disease, ulcerative colitis, high cholesterol, pregnancy-induced hypertension, weakened immune systems, reproductive health problems in both men and women, learning and developmental disabilities in infants and children, and various cancers. Studies have proven that PFAS have been present in the breast milk of 100% of the women tested.

Scientists suspect that no PFAS chemicals are safe, but industry keeps substituting different PFAS for the ones that are being proven toxic. As you look to purchase products and supplies, beware that the vast majority of products that advertise that they are stain resistant, water resistant, grease resistant, long lasting, etc., most likely contain PFAS. Here’s some resources to help you find the safest products available to you:

* **PFAS Free Products:** <https://pfascentral.org/pfas-free-products/>

<https://www.ewg.org/withoutintentionallyaddedpfaspfc>

* **Building Supplies:** https://www.greenbuildingsupply.com/
* **Cleaning Supplies:** <https://www.ewg.org/guides/cleaners/content/methodology/>
* **Home/Office Product Guides:** <https://www.ewg.org/healthyhomeguide/>
* **Staples--Eco-id program:** <https://www.ecoidprogram.com/>
* **Office Depot--Greener Office:** <https://www.officedepot.com/cm/marketing/greener-office>
* **Hardware Stores:** filter products by searching for “environmentally friendly,” “toxic free,” “eco-friendly,” and “green.”

* **Green Screen:** A bit more complicated, this tool allows consumers to check the list of [GreenScreen Certified](https://www.greenscreenchemicals.org/certified/products) products, which is a globally recognized tool designed to assess and benchmark chemicals based on hazard.

* **Amazon:** has added a new category for shopping—Shop PFAS free-- <https://www.google.com/aclk?sa=L&ai=DChcSEwi5n8zy8Nz4AhUZj4YKHQp9DPMYABABGgJ2dQ&sig=AOD64_1Z8x_oJWoGiawtiFHCiuDczmhjoA&q&adurl&ved=2ahUKEwjNq8Xy8Nz4AhWEFFkFHRLgDHgQ0Qx6BAgaEAE>