

# Go Fragrance Free!

Save money, the environment and get healthy

We would love your help,  
so we can breathe  
more easily.



Recent studies showed consumer products contribute 50% of VOCs in air pollution. Reducing these emissions will help our kids' planet.

## Help make our school fragrance free

A family in our school has an environmental sensitivity, which makes them very sick when exposed to VOCs contained in perfumes, colognes, clothing detergents and scented products.

Volatile organic compounds (VOCs) are a group of chemicals that stay in the air. Students and parents should avoid wearing scented products in the school such as perfume, cologne, scented body lotion, scented sunscreen, essential oils and scented deodorant. Do not wear scented clothes and products to school events.



Perfumes, detergents, some beauty products and household cleaners that contain VOCs are considered household hazard waste and are not even allowed in regular recycling or garbage bins.

1

### PERFUMES

The chemicals disrupt the ability to concentrate in many neurodivergent kids.

2

### ESSENTIAL OILS

After extraction, these oils become VOCs, which are volatile organic compounds.

3

### REDUCE SCENTED PRODUCTS

Save money by going non-toxic, scent-free.

## Save money by going fragrance free

It's easy and your wallet will thank you

Buying an unscented detergent with no scent maskers, and plastic or wool dryer balls, (when you're done your current product) is very cost effective. You only need half the listed amount on most unscented products.

Product	Price	Amount	Cost per use
Nature * Clean Unscented	\$7.97/ 1.82L	2 tablespoons/ 30ml	61 loads for \$0.13 each
Dryer balls	\$12	2 balls	One time cost
White vinegar	\$3.97/ 4L	1 cup/250ml in 2 L of hot water	16 washes for \$0.24 each
Baking soda	\$1.28/ 500ml	4 tbsp/30ml to clean sink or toilet	16 washes for \$0.08 each



## Fun DIY products kids can make!

- ▶ Floor wash: 1 - 2 cups of white vinegar in 2-3 L of hot water and a few drops of unscented dish detergent.
- ▶ Counter spray: Soak citrus peels in a jar in white vinegar for two weeks. Drain and use liquid in a 1:8 ratio in a spray bottle.
- ▶ Sink wash: Mix 30 ml of baking soda with 250 ml water, creating a paste. Rinse with white vinegar to watch the bubbles!

### WANT TO KNOW MORE? CHECK UP ON THE STATS

Personal Care Products effect on climate change  
<https://science.sciencemag.org/content/359/6377/760>

City of Toronto Household Hazard Waste proper disposal  
<https://www.toronto.ca/services-payments/recycling-organics-garbage/household-hazardous-waste/>

What is a fragrance and VOC environmental sensitivity?  
<https://environmentalsensitivities.org/2021/04/12/fragrance-quat-and-voc-sensitivity-information-and-accommodation-guide/>

Volatile Organic Compounds  
<https://www.canada.ca/en/health-canada/services/air-quality/indoor-air-contaminants/volatile-organic-compounds.html>

