



# CHATELAINE



Meet a zero-waste family of four

How to convert a climate change skeptic

Green your spring cleaning

Why global warming is making us sick

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## 175 LITTLE WAYS TO SAVE THE PLANET

Your get-real guide to less plastic, better recycling, sustainable eating + more

The 100% **GREEN ISSUE!**



You won't believe what's in this salad dressing!

P 97



Get your gut in check P 84

## April/May 2019

The Green Issue. Your get-real and totally doable.

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## SEARCHING FOR CLEAN

When it comes to choosing the safest beauty products, there are few cut-and-dry answers. Ultimately, there's no simple way to determine any given product's "cleanness," though you can find a handful of tools that have developed their own subjective rating system. The Think Dirty app ([thinkdirtyapp.com](http://thinkdirtyapp.com)) lets you scan barcodes for in-store research and offers a list of brands whose ingredients have been vetted. The most popular resource is the Skin Deep Cosmetics Database ([ewg.org/skindeep](http://ewg.org/skindeep)), published by the Environmental Working Group (EWG). This non-profit organization works to eliminate the use of potentially dangerous chemicals in household items, but critics have also accused it of fearmongering. Ivana Knezevic, cosmetic science professor in the School of Biological Sciences and Applied Chemistry at Toronto's Seneca College, cautions that EWG ratings offer interpretations of research, making it tricky for someone who's not a science geek to know who or what to believe. "I