

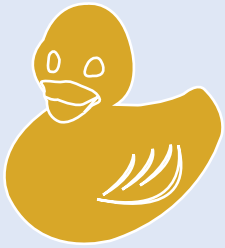
Healthy Holiday

GIFT GUIDE



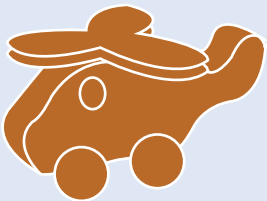
The holidays should bring fun and good cheer, not worries about whether toxic ingredients in toys or other products may harm our loved ones. While there are some definite “grinch-like” toys to avoid, great gifts abound. This gift guide can ease worries by helping parents, grandparents, and friends find the healthiest gifts for children and others this holiday season.

General Guidelines For Choosing Safer Toys:



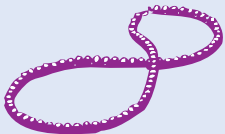
Avoid toys that list vinyl/PVC as ingredients.

Soft plastic toys such as bath toys, squeeze toys, and dolls are commonly made of vinyl, which can contain lead, phthalates, or other harmful chemicals. If you're not sure if a toy contains vinyl/PVC, try looking it up on www.HealthyToys.org. If you don't see it there, contact the manufacturer or consider an alternative.



Choose plastic-free toys made of wood, cloth, wool, or paper.

You can find plush toys, games or puzzles made of paper, dolls made of cloth, wool or paper, and wooden vehicles, rattles, and figurines.



Avoid children's metal jewelry and toys with small pieces, particularly magnetic pieces.



Check out the online database at HealthyToys.org, which contains the results of chemicals tests on over 1400 toys.



Buy from companies that specialize in safer toys.

Safer toys abound at stores such as Planet Happy Toys, www.planethappytoys.com.

SPECIFIC GIFT IDEAS



This is only a partial list of safer products available and does not constitute an endorsement.

Infants and Toddlers

- Rich Frog's Duck Surfer Dude: a vinyl-free floating waterproof bath toy! (\$6.95 from richfrog.com)
- Sesame Street Hooded Towel/Wash Cloth/Bath Mitt set: a fun set for plastic-free bathing, available in various characters (\$14.99 from Target)
- Performance bibs from Baby Chaleco: free of vinyl, cute designs, and made in Washington (\$30-\$40 from babychaleco.com)
- Organic teething elves from Under the Nile: a great plastic-free teether made with organic cotton and safer dyes (\$8.95 from Happy Planet Toys)

Pre-school and Kindergarten Children

- Noah's Ark Animal-Shaped Crayons and Coloring Book: yes, the toxic-free crayons are really shaped like animals! (\$8.95 from jewishsource.com)
- Melissa and Doug Architectural Unit Block Set: 44 pieces of toxic-free unpainted wood for hours of creative play (\$40 from Amazon.com)
- Stuffed toys from IKEA: great selection and great prices, made with safer chemicals (up to \$20).
- Also at IKEA is PS Brum, a plush kid's armchair shaped like a teddy bear (\$80, foam filling free of toxic flame retardants).
- Playmobile and Lego Brand Toys: most items made by these companies consistently test free of lead and other chemicals (\$5-\$100 from most major and specialty retailers)

Elementary School Children

- Western Chief Kids Rain Boots: made of natural rubber, many fun designs including spider, blue dino, frog, and cherry city (\$24.95 from westernchief.com)
- Crocodile Creek Backpacks: available in fire truck, dump truck, dinosaur, sunflower, ladybug, and horse designs, vinyl-free (\$27.99 from Crocodilecreek.com)
- Build a lunch box: lead-free metal lunchbox comes with a DK Publishing Sticker Book, great for boys or girls (\$13.95 from lunchboxes.com)

Teenagers

- Electronics: if you're looking for music players or other electronics, keep an eye out for these companies that have banned the use of toxic flame retardants (PBDEs), including Sony, Panasonic, Philips, and Samsung
- Sports equipment from Fair Trade Sports: many products are free of vinyl and made of recycled materials, all products are fairly traded (prices vary, fairtradesports.com)
- Burt's Bees Super Shiny Lip Gloss: a healthy alternative to many lipsticks, available in four shades (\$7 from burtsbees.com)
- E.C.O. Sticky Yoga Mat: a healthy alternative to standard vinyl yoga mats, three reversible colors (\$44 from barefootyoga.com)
- Stainless steel water bottles: a healthy alternative to plastic water bottles and are great for keeping liquids cold (\$15 - \$25 from rei.com and kleankanteen.com)

Have a happy holiday season!