



Hidden Dangers *Uncovered:* *Environmental Toxins*

In order to earn this patch, Daisies and Brownies need to complete a total of six requirements, with at least one in each category, Juniors and Cadettes need to complete a total of eight requirements with at least one in each category, and Seniors and Ambassadors need to complete a total of ten requirements with at least one in each category. Patches can be purchased at:
Hornets' Nest Girl Scout Shop, 7007 Idlewild Rd., Charlotte, NC 28212

Learn

1. Research the word "toxins". Where do they come from? What is their potential harm? Who is most at risk? What are the four ways toxins might enter our bodies? List at least five types of toxins.
2. Research the seven types of plastic and look and see if you can find an example of each one.
3. Name at least three government agencies that deal with environmental toxins.
4. Go on the internet and search for Tox Town. Look around the Tox Town website to discover what toxins are in the world around you.
5. Look up toxins on the internet, the library, or another resource and list at least one potential environmental toxin found in any three of the following:
Water, Food, Cosmetics, Cleaning agents, Building materials, or Household furnishings
6. Look up the Priority List of Hazardous Substances produced by the Agency for Toxic Substances and Disease Registry. Choose any one of them and learn where it might be found and its potential harmful effects.
7. Research a career that has to do with environmental toxins such as: Food Safety Specialist, Built Environmental Specialist, Occupation Health & Safety Expert, Environmental Law, Toxicology, Public Policy & the Environment, and Environmental Education. Write an article including the title, education required, current salary range, and a basic job description.

Be a Detective

1. Go to a local grocery store and complete two of the following:
 - See if you can find any of the following: liquid medication, juice, milk, mayonnaise, honey, ketchup, olive oil, and other foods in packaging that is NOT plastic. Find out what brands offer better options and make a list.
 - Look for fragrance-free or unscented products like detergent, lotion, shampoo, etc. Make a list and try one once. (instead of your usual type)
 - Look for environmentally-friendly products and make a list. Look up what it means to be organic and ultra-pasteurized. Share your findings with a friend or your troop.
2. Find places in your area where you can properly dispose of things like batteries, medicine, etc. Make a list and share it with at least three people.

3. Search your house for possible toxins with a parent or older sibling and see if there are any healthier alternatives.
4. Find a personal care product such as shampoo, makeup, deodorant, etc. and look at the ingredients on the back of the container. Look up what the ingredients are and see if they are toxic OR look for any of the following toxins: Methylchloroisothiazolinone, Methylisothiazolinone, and Triclosan.
5. Discover what toxins are in the food you eat and look for food with any of the following: TBHQ, BHT, Monosodium Glutamate (MSG), Disodium Guanylate, Disodium Inosinate, Sodium Nitrite, Sodium Nitrate, Sodium Benzoate, Potassium Benzoate, Aspartame, Saccharin, Sucralose, Splenda, Sweet Thing, Equal, and Nutra Sweet.

Hands On

1. Pretend that you are writing an article for your local newspaper about what you have learned about toxins. Include important information like where they come from and how to avoid them. Remember that you are trying to educate the people about the dangers of toxins so that they can make better decisions. You can also try to illustrate your point with pictures and/or drawings
2. Decorate a soup can or another sort of container to use as a household battery collection container and when it gets full find a proper way to dispose of it (such as your local Best Buy)
3. Use your artistic talents to share what you have learned about environmental toxins with others. Draw a picture, make a poster, or write a poem, story, or song.
4. Create a display of food, cleaning agents, or personal care products pointing out toxic ingredients contained in them. Share with a friend or your troop.
5. Make a scrapbook of news articles relating to environmental toxins and share with a friend or your troop.

Make a Difference

1. Decorate soup cans or another sort of container to take to people at some place like a local nursing or retirement home or neighbor so they can have their own personal battery collection container
2. Find your own way to make a difference by using what you have learned about environmental toxins such as working at an event that helps educate others about environmental toxins or do something through your school to educate others about environmental toxins.
3. "They [air fresheners] are one of the most concentrated sources of poisons and pollutions in the home" – *What's In This Stuff?*, Patricia Thomas Air fresheners kill your ability to smell with a nerve-deadening chemical, coat your nasal passages with an undetectable oily film, and are very harmful for your health, so remove yours!
4. Do at least three of the following for a month:
 - Take your shoes off at the front door to help prevent bringing herbicides, pesticides, and other poisons into your home
 - Use a carbon filter or reverse osmosis system for your water to help filter out lead, chlorine, and bacteria from your water supply
 - Buy meat and dairy without antibiotics or artificial hormones, and fruits and vegetables without pesticides (make sure you wash all produce well before eating it to help wash off any chemicals)
 - Use cast iron and stainless steel pots and pans (avoid Teflon and non-stick sprays)
 - Store your food in glass rather than plastic
 - Use metal instead of plastic water bottles
 - Open windows when you can (indoor air is two to five times more polluted than outdoor air)