



Go Green Galloway

Green Tip of the Week:

Don't judge a sunscreen by its cover! Not all sunscreens are created equal. Most block the sun's UVB rays which cause sunburn. Only a few block UVA rays which can cause cancer. Some companies use chemicals like oxybenzone, avobenzone, octisalate, octocrylene, homosalate and octinoxate which actually disrupt the hormone system and may interfere with normal development.

If you use sunscreen with vitamin A (retinyl palmitate or retinol) then you may be increasing your risk of getting melanoma. There is evidence that it will accelerate the potential for lesion growth, according to some federal studies.

Some companies use minerals like zinc and titanium. Though some mineral sunscreens are under scrutiny for their use of nano-particles, these sunscreens are preferred since they do not penetrate the skin and are stable in the presence of sunlight.

Go green by checking the ingredients before purchasing your sunscreen. For a complete guide to sunscreen, check out www.ewg.org/2013sunscreen/

This tip is courtesy of the Task Force for a Sustainable Galloway.

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Source: www.ewg.org/2013sunscreen/ , <http://www.doctoroz.com/videos/your-sunscreen-might-be-poisoning-you>



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Green Tip of the Week:

Have you noticed that your lawn and certain plants in your gardens do not do so well in hot, dry weather? Many of the plants and grasses that cover our yards are non-native species and therefore need more water and fertilizer to survive the conditions of this area.

If you are taking on a new landscaping project, think about expanding gardens with native plantings and cutting back on large expanses of lawn. Planting native species of trees, shrubs and grasses will not only keep you from having to work so hard to maintain your yard; but you will also save money by not having to purchase chemical fertilizers. An added bonus: this effort will greatly benefit our indigenous wildlife and help to replace habitat that has been lost through development.

This tip is courtesy of the Task Force for a Sustainable Galloway.

For more information, call the Galloway Township Office of Sustainability at 652-3700 x209 or email mlynch@gtnj.org