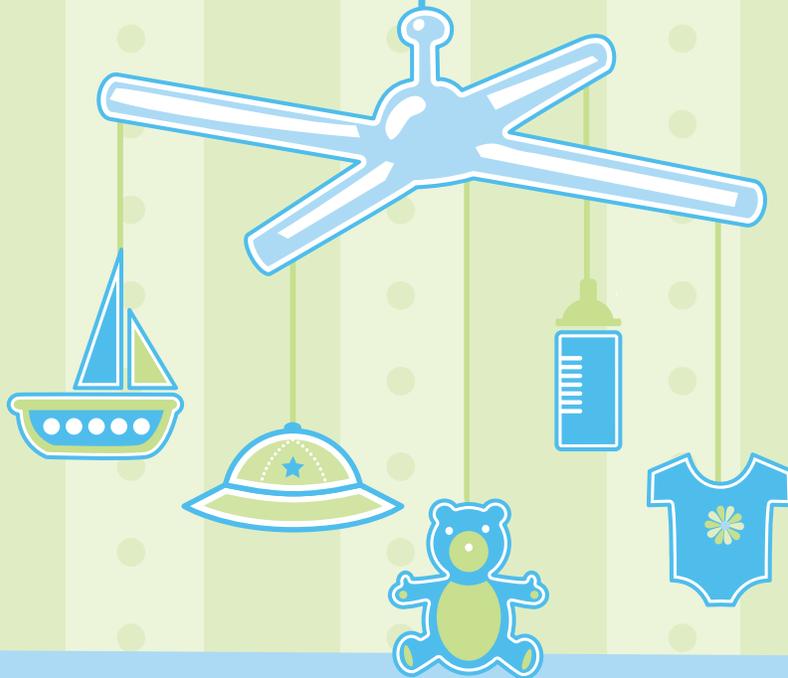


Green Momma

* PARTY GUIDE *

(FOR THE HOST)



Creating a non-toxic home
for you and baby

WOMEN'S VOICES FOR THE EARTH
WWW.WOMENSVOICES.ORG

Table of Contents



FOR THE PARTY HOST

How to Host a Green Momma Party.....2

Host Discussion Guide.....4



WVE would like to thank our very generous foundation supporters for their contribution to the development of this Party Guide: Anonymous Donors, Clif Bar Family Foundation, and the Ms. Foundation for Women.

The development of this Guide would not have been possible without the research, writing, and editing provided by Erica Bloom, Alexandra Scranton, Erin Switalski, and Cassidy Randall.

Guide design: Margaret Lowry at inkworks design, llc.

Women's Voices for the Earth is a national organization that works to eliminate toxic chemicals that impact women's health by changing consumer behaviors, corporate practices and government policies.

How to Host a Green Momma Party

Whether you're hosting a baby shower, planning a parents' group activity, or just having a get-together with friends, the Green Momma Party Guide has everything you need to host a great party and make detoxing the home fun!

STEP ONE: PREP FOR THE PARTY

1. **Download and print** the Party Guide (For the Host) for yourself. Download and print or make a copy of the Party Guide (For Guests) for each of your guests.
2. **Read through the Party Guide (for the Host)** so that you get a feel for what happens at a Green Momma Party. Be sure to read the Host Discussion Guide so you can keep the conversation moving during your party. As the host, you'll be in charge of leading your guests through the Party Guide!
3. **Decide which recipes from the Party Guide you'd like to mix with your guests.** We suggest choosing one or two to make at the party. Watch the YouTube "how-to" videos online at www.womensvoices.org/green-momma-parties to learn how to make them.
4. **Based on which recipes you choose, pick out the corresponding rooms in the Party Guide to discuss at your party.** For example, if you're making diaper wipes, you'll probably want to talk about the nursery. Guests can read the other sections on their own at home.
5. **Get your mixing supplies ready.** Figure out what supplies you need to make the recipes.
 - For help with quantities, view our guide online at www.womensvoices.org/green-momma-parties.
 - To cut down on cost, ask each guest to bring enough of a certain ingredient for the whole party, or you can buy in bulk and have your guests chip in a few dollars each.
 - Make sure you have mixing bowls, spoons, and measuring cups on hand.
 - You'll need containers for guests to take their new products home in. You can re-use old glass jars—just make sure they're well washed! Or ask your guests to bring their own container.
6. **If possible, plan to have a computer with Internet access on hand** if you want to show your guests the YouTube videos demonstrating how to mix up the recipes you've chosen.
7. **Be ready for your guests to take action** after reading through the Five Take Action Tips for Green Mommas with a computer or by having guests pull up the actions on smartphones.
8. **Consider providing snacks.** Everyone loves food and drinks at a party! Provide some snacks or ask guests to bring something to share.

STEP TWO: HOST THE PARTY

1. **Welcome Guests**
It's a party! Build in some time to for people to eat, drink, and socialize.
2. **Start With Why You're Throwing a Green Momma Party**
Gather your guests together, hand out their guides, and start by giving the Overview in the Host Discussion Guide.

3. Walk Your Guests Through the Home Detox

Start with the room you'd like to focus on most and direct your guests to that room in the Party Guide. Make sure you provide pens or pencils for this part!

- **Read through the content together.** Have your guests participate by taking turns reading about the hidden hazards and suggestions for avoiding them. Use the questions from the Host Discussion Guide to help keep the conversation going.
- **Utilize the knowledge in the room!** Encourage your guests to share what they already know: tips, recipes, ideas, information on where to find non-toxic items locally or online, etc. Encourage your guests to use the Notes sections in the Party Guide to jot down anything new to them.

4. Make a Change & Check It Off

After some good conversation, ask each guest to pick at least one change they will make at home and share it with the group, using the Make A Change & Check It Off section. Have guests add suggestions that aren't on the list in the Notes section. Then move on to the next room you've chosen.

5. Take Action Together

Now that your guests are fired up about toxic chemicals trespassing in their homes, read through the Five Take Action Tips for Green Mommas, and have a computer or smartphones ready for your guests to take one of those actions. You can demonstrate taking the action, and then have your guests do it as they're filing by on their way to mix up a recipe.

6. Mix Up Some Non-Toxic Recipes

Close the party by making some healthy products together! After learning about the harmful chemicals lurking in their homes, your guests will be thrilled to make a healthy product!

- **Demonstrate to your guests how to make the recipe.** Or, if your computer is set up, show your guests the YouTube how-to videos on www.womensvoices.org/green-momma-parties.
- **Have a table with the supplies ready and let your guests at it!**

STEP 3: AFTER THE PARTY



Keep Up the Momentum!

We know detoxing your home is a longer process than just throwing a party. As you make changes, use the Make A Change & Check It Off list in each room of the Party Guide to track and celebrate your progress. Follow up with your guests after your party to see how they're doing and share your successes!





Host Discussion Guide



OVERVIEW

You can read this to kick off your party or use it to form your own!

I have invited you all here today for a Green Momma Party because I'm worried about toxic chemicals in the products I buy and bring into my home and how these chemicals may harm my children's health. For example, did you know that:

- Baby toys can contain heavy metals like lead?
- Some popular baby shampoos contain chemicals linked to cancer?
- Or, that many canned foods contain Bisphenol A (BPA), a hormone disruptor that interferes with the body's development - in the liners?!?

Of course you didn't! Most people are shocked to learn that there are tens of thousands of chemicals out there, in products we use everyday, that haven't been tested for safety. This means that products like crib mattresses, baby lotions, children's toys, and even sippy cups can contain toxic chemicals that have been linked to cancers, reproductive harm, birth defects, asthma, learning disabilities, and other serious health problems.

Now this is definitely not something you're told at the check out line when purchasing products! So how are you supposed to figure out which toxic chemicals to avoid, what products they might be hiding in, and what the safe alternatives are?

That's why we're here at this party! We'll be using this Guide to learn about hidden hazards in the home and identify some practical solutions. Together, we'll make commitments for reducing toxic exposures in our homes. We'll even take action to call on companies to make safer products. And finally, we'll wrap up by mixing up our own safe products!

Remember, this is a guilt-free party. There are no wrong answers, no bad ideas and no 'you should'. The goal is to learn from each other's experience and knowledge – and encourage each other to make changes for a safer and healthier home in the ways that work best for you and your family. And ultimately, we all need to raise our voices to make sure that all the products we use in our homes are safe to begin with!

Let's get this party started!



Here are some questions that can help spur the conversation for each room of the Party Guide. Use these or make up your own!



THE NURSERY

- Have you tried cloth diapers? Do you like them? Why or why not? They are expensive up-front—is it worth the cost? What kinds work best for you?
- Are you decorating the nursery? What do you plan to do? Have you considered looking for non-toxic products and furniture? Do you know where to find them locally or online?
- How about toys? Have you found any green toys that your kids just love? Have you ever found out you had a toy that was recalled for safety violations?

THE KITCHEN

- Do you use lots of different cleaners in your kitchen? What brands do you use and why?
- Do you have lots of plastic storage containers, mixing bowls, etc.? Has anyone tried storing things in glass jars instead?
- Have you tried making your own baby food? What do your kids like to eat best? Any suggestions on healthy and tasty snacks?
- Where can you get the best or cheapest organic produce?
- What canned foods do you often rely on in your cooking? What alternatives do you know of to avoid them?

THE BATHROOM

- How often do you bathe your baby?
- Have you found personal care products for your baby that you like or dislike? How often do you use them and why?
- What do you do when you are given gifts of products you know you don't want use on your baby?

THE LAUNDRY ROOM

- How do you get cloth diapers clean? Any good strategies for getting rid of odor and keeping up with the laundry?
- What are the worst stains your kids get – and what are the best tips for getting rid of them?
- What laundry detergent do you use and why?

OUTDOORS WITH BABY

- How do you feel about using sunscreen on your baby? What kind do you feel best about using? What do you do to find a little more shade?
- Any innovative ways to get rid of weeds in your lawn that don't involve pesticides? What works and what doesn't?