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**PGC:** Day 7-Greener Challenge - Organic  
**School:** Montgomery College (Rockville, MD)  
**Group Name:** Ladies of the Earth

### Introduction:

For this challenge I enlisted the help of my 8-year old daughter, Saniyah (pictured below). I told her we were going on a treasure hunt after dinner. An organic fun hunt at our local grocery store. I shared some of the instructions with her and from that moment on it was definitely, GAME ON! It took us a long while to find items with claims of being “organic” because of clever marketing and word play. Organic like word play such as all-pure, nature’s best, or no unnecessary ingredients would be used despite the fact that the items were not truly organic. My daughter may a great observation after reading a few of the labels and noticed how close these organic wannabees were to the store’s actual certified organic section. We tried to ask an associate why this was the case, but no one could answer. Once my daughter and was able to determine the store’s set-up it became fairly easy to find those tricky organic wannabees. Here’s what we selected:

1. Arnold’s Organic 22 Grains & Seeds Sandwich Bread
2. The Honest Co. Organic All-Purpose Balm
3. Palmolive Ultra Pure + Clean Dish Detergent

SANIYAH!



**Product:** Arnold Organic 22 Grains & Seeds Sandwich Bread - 27oz

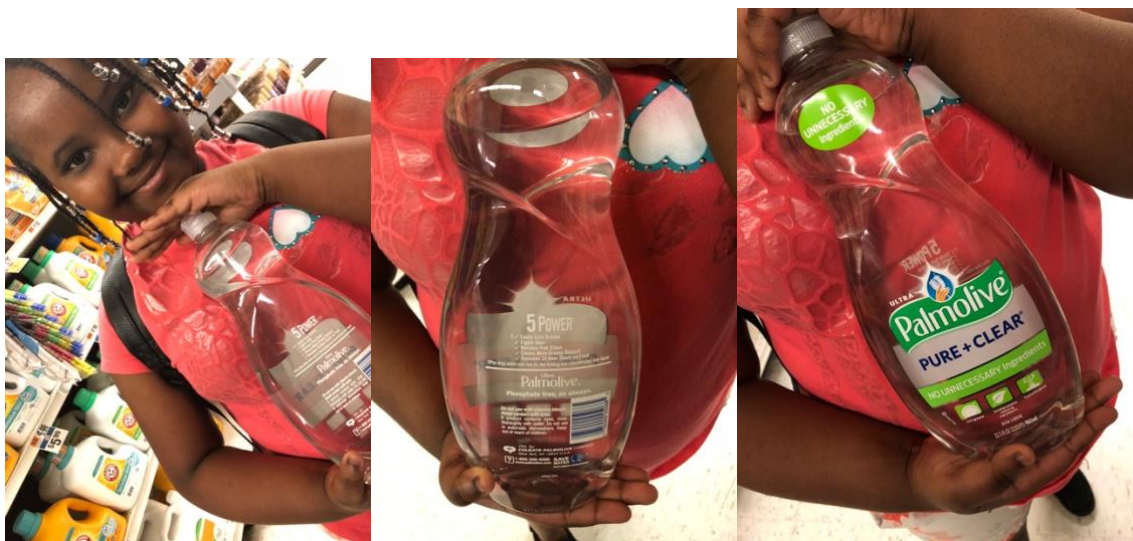
**Ingredients:** WHOLE WHEAT FLOUR\*, WATER, CRACKED WHEAT\*, CANE SUGAR\*, WHEAT GLUTEN\*, FLAXSEED\*, YEAST, BLACK AND WHITE SESAME SEEDS\*, SUNFLOWER SEEDS\*, SOYBEAN OIL\*, SEA SALT, PUMPKIN SEEDS\*, GRAIN VINEGAR\*, RYE FLOUR\*, FLAXMEAL\*, MILLET\*, NATURAL FLAVORS, BLACK CHIA SEEDS\*, **KAMUT® (KHORASAN WHEAT)\***, KANIWA SEEDS\*, **TEFF\***, BROWN RICE\*, BUCKWHEAT FLOUR\*, **SPELT FLOUR\***, CULTURED WHEAT STARCH\*, POPPY SEEDS\*, **AMARANTH\***, BARLEY\*, BLUE CORNMEAL\*, OATS\*, **TRITICALE\***, **SORGHUM FLOUR\***, QUINOA\*, **CITRIC ACID**. \*CERTIFIED ORGANIC INGREDIENTS



**Product:** The Honest Co. Organic All-Purpose Balm

**Ingredients:** Helianthus Annuus (Sunflower) Seed Oil\*, Cera Alba (Beeswax)\*, Olea Europaea (Olive) Fruit Oil\*, Cocos Nucifera (Coconut) Oil\*, Butyrospermum Parkii (Shea Butter)\*, Calophyllum Tacamahaca (Tamanu) Oil\*, Calendula Officinalis Flower Extract\*, Anthemis Nobilis (Chamomile) Oil\*, **Tocopherol** (Non-GMO†)

**\*Certified Organic Ingredient**



**Product:** Palmolive Ultra Pure + Clear Dish Detergent

**Ingredients:** Water, **Sodium Laureth Sulfate**, **Lauramidopropyl Betaine**, **Sodium Dodecylbenzene Sulfonate**, **SD 3A Alcohol**, **Lactic Acid**, **Sodium Xylene Sulfonate**, **Fragrance**, **Tetrasodium EDTA**, **Dyes**

Of the three items we found, I was most surprised by the ingredients list for the dish detergent. The labeling is extremely misleading. Pictured above, you can see that the manufacturer took the “less-is-more” approach and opted to include the bare minimum information and included words such as “all pure and clear.” I hate to admit it but given the fact that the product is clear in color, has clever word-play, and is in close proximity of the other certified organic products, I would have definitely given myself mental “clearance” to buy the product. I was convinced that this product was definitely a true-green product, however; when we returned home and I researched the ingredients list I was blown away. To my surprise I couldn’t pronounce most, if not all, of the ingredients.

The ingredients list read: Sodium Laureth Sulfate, Lauramidopropyl Betaine, Sodium Dodecylbenzene Sulfonate, SD 3A Alcohol, Lactic Acid, Sodium Xylene Sulfonate, Fragrance, Tetrasodium EDTA.

Here is what I learned about 4 of the ingredients listed:

Ingredient	Findings
Sodium Laureth Sulfate	According to the Environmental Working Group's Skin Deep Cosmetic Safety Database, SLS is a "moderate hazard" that has been linked to cancer, neurotoxicity, organ toxicity, skin irritation and endocrine disruption. <i>Source Credit: livingstrong.com</i>
Lauramidopropyl Betaine	Scientific Facts: Cocamidopropyl Betaine, Lauramidopropyl Betaine and the other related amidopropyl betaines are similar in chemistry. These ingredients share the presence of two manufacturing by-products (3,3-dimethylaminopropylamine [DMAPA] and fatty acidamidopropyl dimethylamine [amidoamine]). DMAPA and amidoamine are both known skin allergens (sensitizers). Therefore, manufacturers keep the levels of DMAPA and amidoamine in ingredients like CAPB and Lauramidopropyl Betaine as low as possible through manufacturing controls and continual quality monitoring. <i>Source Credit: https://cosmeticsinfo.org/ingredient/lauramidopropyl-betaine</i>
Fragrance	Fragrance” can be one or more of 200 chemicals. Companies don't have to disclose the actual components of each fragrance, under the guise that their fragrances are trade secrets. Fragrance has been known to cause many side effects, including headaches and allergic reactions. Why put an unknown synthetic chemical on your skin when you don't have to? The Environmental Working Group has an extensive database of cosmetic chemicals and their corresponding danger rankings. "Fragrance" receives one of the highest rankings possible in their

	score system. <i>Source Credit: <a href="https://bubbleandbee.com/top-five-chemicals-to-avoid/">https://bubbleandbee.com/top-five-chemicals-to-avoid/</a></i>
Tetrasodium EDTA	Tetrasodium EDTA is a chelating agents that's made from formaldehyde and sodium cyanide. (see how) The full name of Tetrasodium EDTA is Ethylenediaminetetraacetic Acid. This used to be on my top "avoid" list, however, as more information has become available, it appears to be a lower risk ingredient. While it does have a dubious history in the way it's made, the final chemical is not a carcinogen. It's used in small amounts in formulas as a chelating agent, binding with metals to make lotions more stable and soaps lather better without the interference of metal ions. Some animal studies have found Tetrasodium EDTA have reproductive effects, however, only at very high doses--because it's able to bind with metals, high doses are thought to pull zinc out of the body, causing deficiency and thus illness. This is not a risk when used in cosmetic items and only shows fetal reproductive effects at levels that are outwardly toxic to the mother. <i>Source Credit: <a href="https://bubbleandbee.com/top-five-chemicals-to-avoid/">https://bubbleandbee.com/top-five-chemicals-to-avoid/</a></i>

**Based on your research, do you think it's a greenwashed product? If yes, why? If no, why not?**

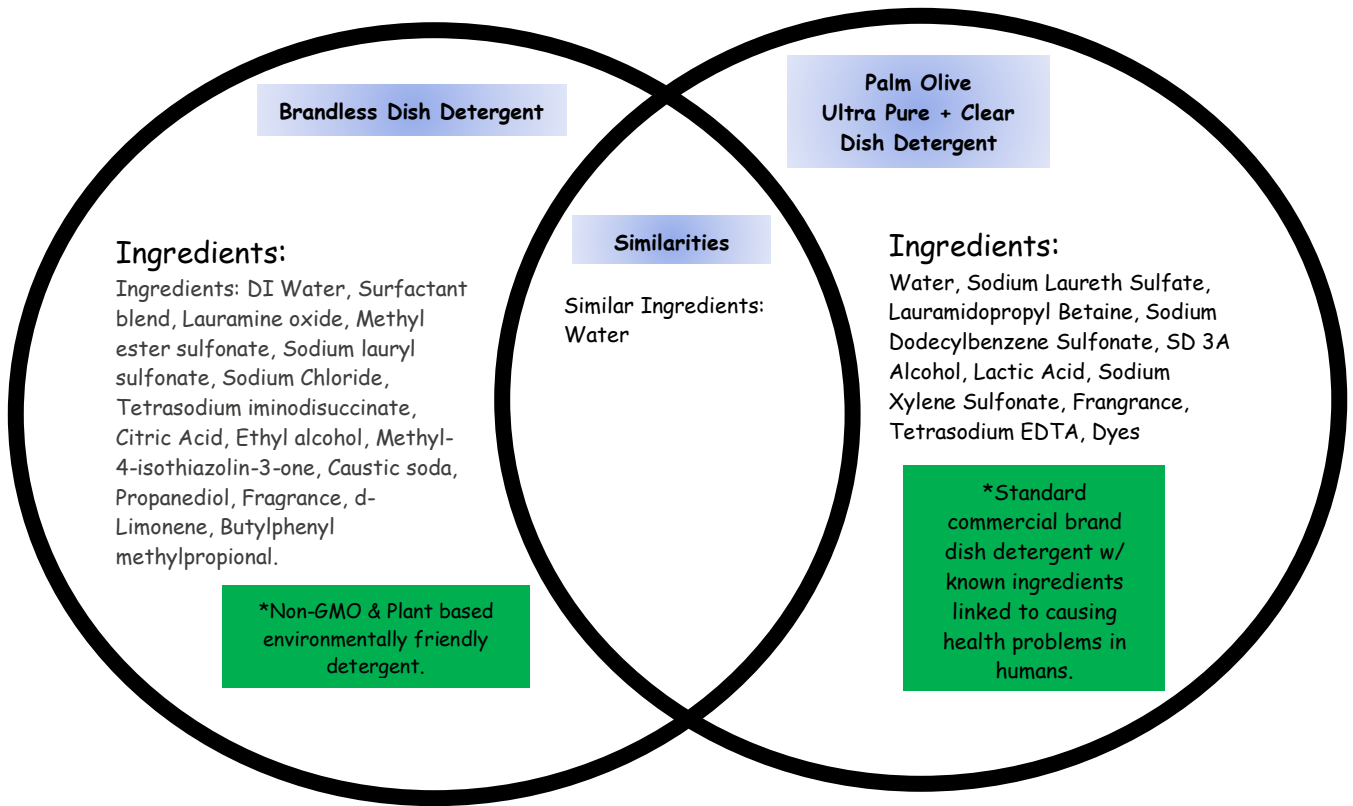
In my opinion I do think this product is a greenwashed product, however; from what I have read it seems to be a greener-friendlier option in comparison to other organic wannabees. Despite my initial feelings about the product, I have since learned that the manufacturer uses even lower percentages than what is recommended or known to cause health issues in humans. This, in my book, is a small step in the right direction.

**Select one product you researched and find its organic, non-GMO alternative.**

Brandless Dish Soap, Balsamic Greens & Grapefruit

Brandless dish soap is a EPA Safer Choice Certified plant based dish soap. It is a non-gmo product that is biodegradable, cruelty free, and is non-toxic. It is free of dyes, phthalates and triclosan which makes it the safer and more environmentally friendly.

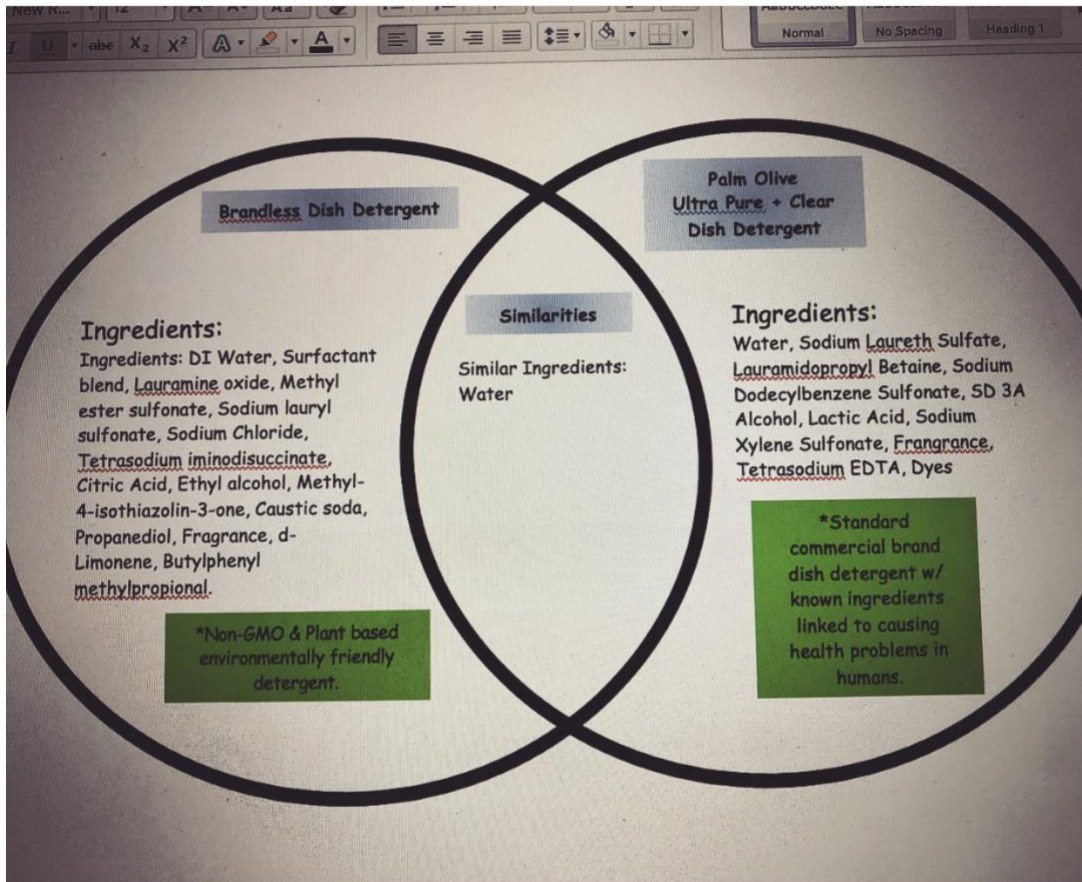




**Post this comparison to a social media platform of your choice. Caption it with your “a-ha” moment and a change you will make in your shopping habits in the future.**



miss\_independent583



miss\_independent583 Would you look at that, it turns out you can get clean by going green! Go green, get clean, and do your part to help out the environment in the process. #pgc2018 @turninggreenorg @simplyorganicfoods



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1 MINUTE AGO