



# Greening Your Family: A Reference Guide to Safe Food, Personal Care, and Cleaning Products

*Lindsey Carmichael*

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## **Greening Your Family: A Reference Guide to Safe Food, Personal Care, and Cleaning Products**

Lindsey Carmichael

Lindsey Carmichael, mother and public health professional, has created an easy, eco-friendly, reference guide focused on the safety of consumable products. Perfect to slip into a grocery cart and consult while shopping, Greening Your Family offers busy families a tool they can use for optimal health. This guide is unique in that it offers an overview of three areas; cleaning products, foods, and personal care products.

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