

How to avoid pesticides?



Choose seasonal products with the official Ecolabel «AB». These foods do not contain pesticide residues. If you consume foods from intensive agriculture, it is recommended that you peel fruits and vegetables and wash them, which, unfortunately will not get rid of all pesticides residues and also deprive you of the vitamins contained in the skin.

Do not use household insecticides in your home, these are the same substances as those used in agriculture, therefore expose you to the same risks. Use alternatives, they do exist and especially use better prevention (do not let food hang around, use essential oils such as lavender, put ribbons fly etc.).

Do organic gardening without pesticides by adopting simple agronomic practices (crop rotation and resistant varieties adapted to your soil, promote biodiversity in your garden, organic weed management, make plant associations etc.).

You live near an area with intensive farming? Plant a high hedge! This will help you to avoid to some extent your exposure to the pesticides used.

Get informed all around the year, contact us and our partner organizations and take part in the Pesticides Action Week.



Together
we can cultivate
the future!

www.pesticideactionweek.org

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20th-30th march 2015

10th edition
Pesticide
action
week

PESTICIDE
ACTION
WEEK

10 years

- ✓ Debates
- ✓ Activities
- ✓ Shows
- ✓ Film screenings



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Pesticide Action Week

The event in brief

The Pesticide Action Week is a yearly national and international event to inform about the health and environment impacts of pesticides and to promote alternative solutions.

Everyone is invited to get informed and take part in one of the hundreds of events taking place from 20th to 30th March, the first ten days of the spring, which is the period when fields are generously treated with pesticides.

This initiative launched in 2006 by the French association Générations Futures and ACAP, a group of 170 organizations, is increasingly becoming more popular with every single edition of the event.



Some key figures

The Pesticides Action week in brief:

- Around 20 countries participating in Europe (France, Belgium, Germany, Spain, Switzerland, Luxembourg, Turkey), in Africa (Morocco, Senegal, Burkina-Faso, Uganda, Togo, Benin, Congo), and in Asia (Malaysia, Pakistan).
- 35 national and international partners
- 400 organisations on the field
- The Pesticides Action week has become an essential event for those who wish to build a future without pesticides.

How can you take part?

Everyone is invited to organise their event during the Pesticides Action week: individuals, associations, farmers, local municipalities, schools, enterprises, There is no need to have a lot of means or a lot of experience. With some ideas, willingness and organisation you can easily organise an event.

All ideas are good ideas when they aim to promote alternatives to pesticides: conferences with debates, exhibitions, film showings, organic cooking class, visits, activities for children, open days at organic farms, organic meals, shows....

You can register your event and create your organizers' profile at <http://www.pesticideactionweek.org/>. The event's organizer can register and modify at any time the event, after the administrator of the web has validated it.

There are several tools on the website to help you with the organization of your event: posters, information letters, ideas, list of movies, exhibitions, banners, photos, videos, etc.

Why should you participate?

As we all know, the agriculture is sick because of its pesticides use. There is still a massive use of pesticides around the world. Millions of tons of pesticides are used every year at global level. Its use is still on increase. Therefore, it is urgent to promote alternative solutions.

The Pesticides Action week aims to:

- raise awareness about the health and environment risks,
- promote alternatives,
- launch a citizens' movement for a world free of toxic pesticides.

What are the dangers?

Pesticides can have serious impacts on our health and environment, and all of us are equally concerned. Pregnant women and children are more vulnerable and especially at risk. Several scientific studies reveal that there is a link between the exposure to pesticides and:

- some cancers (leucemia, brain cancer, hormone dependent cancers etc.)
- development of neurological problems (Parkinson disease and Alzheimer, learning problems, sensory deficit and developmental delay)
- fertility and reproduction problems, disruption of the hormone system, etc.
- malformations or development delay in children about to be born etc.

What are the alternatives?

You can perfectly live without pesticides, regardless of what their use may be (agriculture, gardening, in the city or at home). In agriculture, the best alternative remains organic agriculture. The fundamental rule of organic farming is to respect the natural ecosystem and to think rather of agronomy than chemistry.

Organic farming and gardening:

- preserve our health,
- preserve natural balance of wildlife, plants and biodiversity,
- make the choice of plant and animal species which are resistant and adapted to natural conditions.

What are pesticides?

Pesticides are toxic chemicals used to eliminate fungi, insects, the «bad» herbs or some mammals.

Many of these pesticides are found in our food. More than 50% of non-organic fruit and vegetables that have been tested contain pesticides residues. We also ingest them by the water we drink or the air we breathe.

