

SIMPLE SWAPS

For healthier living

MAKEUP

Many commercial makeups contain harmful chemicals such as parabens which are endocrine disruptors!



TOOTHBRUSHES

Opt for eco friendly materials such as bamboo that are biodegradable, unlike most plastic toothbrushes.



ZIP LOCK BAGS

Stop buying endless amounts of baggies! Purchase reusable. Most are relatively cheap AND they won't tear or get holes in them as easily.



COOKING UTENSILS

Swap plastic for food grade stainless steel or eco friendly wood. I'm talking to you Linda with that half melted spatula in your drawer! JK, that was me!



GROCERY BAGS

This is a BIG one! Find some fabric bags, bins or totes and keep them in your trunk for all grocery errands.



WATER FILTRATION

This can have a pricey tag, but water is life (well Jesus is but, we can only survive 3 days without water).



PLANTS

Go get some green for your home! Peace Lily, Snake plant, Bamboo Palm and many others are great, natural ways to filter air.



DEODORANT

If swapping your whole body care regimen is too much at once for you, start here! Most commercial deodorants contain aluminum, which can cause metal toxicity.



DRYER SHEETS

Ditch the chemical laden dryer sheets for reusable wool dryer balls and essential oils. 100% wool is natural and hypoallergenic.



TABLE SALT

Swap out that refined table salt for natural salt such as Celtic Sea Salt or Himalayan Salt.



PARCHMENT PAPER

Switch out your regular parchment paper for unbleached versions.



WATER BOTTLES

Replace plastic water bottles with stainless steel or glass. If you're a bit clumsy like me or have kiddos, I'd opt for the stainless steel.



FEMININE CARE

Ladies, can you hear me? This is HUGE! Ditch those chemical filled, bleached tampons and pads for 100% organic cotton and/or get a reusable cup.



UNDERGARMENTS

Yep, get yourself some 100% organic cotton bras and undies. After all, these are the closest items to the most delicate parts of your body.



MICROWAVE LESS

Warm up leftovers on the stove top or in the oven instead. It actually only takes just a FEW minutes longer and your food doesn't dry out as much.



GRANULATED SUGAR

Also known as white sugar- swap for natural sweeteners in recipes with things like maple syrup, raw local honey or dates.



POTS + PANS

Get rid of that non-stick cookware. Teflon has been linked to Alzheimer's and Parkinson's! Switch to stainless steel or good old fashioned cast iron.



CLEANING SUPPLIES

Now days there are so many cleaners for different rooms and different messes- SO MANY of them harmful. Switch to an effective, safe, multi-functional cleaner.



KIDS SNACK BOWLS

Ditch the Take + Toss and opt for stainless steel (or glass if your confidence is through the roof!)



HOME SCENTS

Many home fragrances contain harmful synthetic chemicals that can make you and even your pets sick. Opt for pure essential oils and a diffuser.

