



The Ultimate Checklist to a Toxin Free and Eco Friendly Home

Wellness Starts With Small Simple Steps

ECO + US

KITCHEN

Swap out ideas:

- Single use plastic such as cling wrap, zip lock bags **to** beeswax covers or plates to cover food, reusable snack packs.
- Plastic storage containers **to** stainless steel / glass containers + jars.
- Melamine + plastic dinnerware **to** bamboo, stainless steel, or ceramic.
- Teflon non-stick cookware **to** cast-iron/stainless steel/enamel/porcelain.
- Conventional parchment paper **to** low tox brand.
- Plastic chopping board **to** wooden board.
- Conventional paper towel / tissues **to** natural eco-friendly brands / natural cloths.
- Plastic dish brush **to** wooden with natural bristles.
- Conventional plastic bin liners **to** compostable rubbish bags.

FOOD AND DRINK

Swap out ideas:

- BPA lined canned food **to** BPA free cans, glass or buy in season and freeze.
- Conventional fruit and veggies **to** spray free / organic.
- GMO foods **to** Non-GMO certified foods (corn, soy, sugar, canola are top culprits).
- Foods with numbers (i.e. preservatives + additives) **to** real food.
- Plastic lunch box **to** stainless steel.
- Plastic coffee cup lids/cups **to** glass takeaway.
- Plastic drink bottles **to** stainless steel/glass.
- Plastic bags of nuts/seeds from supermarket **to** purchasing from natural health store bulk bins or co-op.
- Halved fruit/veg wrapped in plastic **to** unwrapped whole fruit/veg.
- Tap water **to** filtered water.
- Plastic ice cube tray **to** stainless steel or 100% silicone.
- Single use plastic bags **to** reusable mesh bags for fruit + veggies.
*tip if you forget use the mushroom paper bags instead.

BATHROOM

Swap out ideas:

- Exfoliating scrubs containing plastic microbeads **to** natural fibre mitts / dry brushes /or good a old hard towel.
- Plastic toothbrush **to** bamboo or wooden and natural fibre bristles.
- Artificial air freshener **to** pure organic essential oil.
- Plastic wrapped toilet paper **to** recycled paper covered loo paper.
- PVC shower curtain **to** a PVC free one.
- Teflon coated dental floss **to** natural brands.
- Regular shower head **to** filter attachment.

CLEANING

Swap to toxin-free brands:

- Dishwasher Powder
- Dishwashing Liquid
- Floor Cleaner
- Surface Cleaner
- Window Cleaner
- Oven Cleaner
- Toilet Cleaner
- Shower Cleaner
- Laundry Powder
- Laundry Liquid
- Clothes Softener
- Stain Remover
- Bleach
- Mould Remover
- Coffee Machine Descaler
- Synthetic Air Freshener
- Plastic cleaning brushes **to** wooden with natural bristles.
- Conventional chemical infused cloths **to** natural fibre.

BODY / SKINCARE / MAKEUP

Switch to toxin-free brands:

- | | | |
|---|---|---|
| <input type="checkbox"/> Shampoo | <input type="checkbox"/> Deodorant | <input type="checkbox"/> Blush |
| <input type="checkbox"/> Kids | <input type="checkbox"/> Moisturiser | <input type="checkbox"/> Eye Shadow |
| <input type="checkbox"/> Adults | <input type="checkbox"/> Day | <input type="checkbox"/> Eye Liner |
| <input type="checkbox"/> Conditioner | <input type="checkbox"/> Night | <input type="checkbox"/> Eyebrow Pencil |
| <input type="checkbox"/> Kids | <input type="checkbox"/> Hand Cream | <input type="checkbox"/> Lipstick |
| <input type="checkbox"/> Adults | <input type="checkbox"/> Face Serum | <input type="checkbox"/> Lip Gloss |
| <input type="checkbox"/> Dry Shampoo | <input type="checkbox"/> Eye cream | <input type="checkbox"/> Lip Balm |
| <input type="checkbox"/> Hair Treatment | <input type="checkbox"/> Self Tan | <input type="checkbox"/> Mascara |
| <input type="checkbox"/> Hair Dye | <input type="checkbox"/> Primer | <input type="checkbox"/> Shaving Cream |
| <input type="checkbox"/> Body Wash | <input type="checkbox"/> Foundation | <input type="checkbox"/> Nail Polish |
| <input type="checkbox"/> Kids | <input type="checkbox"/> CC cream | <input type="checkbox"/> Hair Remover |
| <input type="checkbox"/> Adults | <input type="checkbox"/> Mineral powder | <input type="checkbox"/> Perfume |
| <input type="checkbox"/> Toothpaste | <input type="checkbox"/> Highlighter | <input type="checkbox"/> Female Hygiene |
| <input type="checkbox"/> Mouthwash | <input type="checkbox"/> Bronzer | |

BEDROOM

Swap out ideas:

- Spring form mattress **to** natural options such as latex, coconut fibre, hemp or wool.
 - Kids
 - Adults
- Regular mattress topper **to** organic cotton / wool.
 - Adults
 - Kids
- Regular doona **to** wool/organic cotton.
 - Kids
 - Adults
- Regular pillows **to** wool /latex.
 - Kids
 - Adults
- Regular cotton doona cover **to** organic cotton/ bamboo.
 - Kids
 - Adults

BABY / TODDLER

Swap out ideas:

- Conventional nappies **to** tox free / fragrance free or cloth.
- Conventional wipes **to** toxin free or DIY.
- Cover plastic PVC change mats with organic cotton cover.
- Regular cot mattress **to** natural options such as bamboo/latex/hemp or wool.
- Regular mattress topper **to** natural fibres such as wool / organic cotton.
- Regular cotton sheets **to** organic cotton/bamboo.
- Conventional material sleeping bag **to** organic cotton.
- Regular cotton blankets/quilts **to** organic cotton/wool.
- Plastic dummy **to** rubber or silicone.
- Plastic bottles **to** glass/stainless steel with 100% silicone teat.
- Plastic breast pump **to** silicone.
- Plastic **to** silicone zip lock reusable milk storage bags.
- High tox baby skincare **to** toxin free brands.
- Plastic teether **to** 100% rubber/silicon or beechwood.
- Synthetic fibre clothing **to** natural fibres.
- Plastic toys **to** organic cotton, wool + wooden.
- Plastic non slip bath mat **to** 100% rubber.

PLAY

Swap out ideas:

- Plastic toys (bath included) to wooden, rubber, stainless steel.
- Chemical laden foam toys (e.g. mini couches and foam puzzle mat) are they really needed?
- Yoga mats to rubber yoga mats.
- High tox face paint, play makeup, crayons, play-dough to low tox brands or DIY.



CLOTHING / HOME DÉCOR

CLOTHING:

Swap out ideas:

- Synthetic fibres (such as acetate, rayon, polyester, nylon, and acrylic) **to** natural fibres such as organic cotton, wool, silk or hemp clothing and look for Global Organic Textile Standard (GOTS) certification.

HOME DÉCOR:

Swap out ideas:

- Synthetic carpet + rugs **to** natural options.
- Say no to scotch free guarding.
- Vinyl Flooring **to** natural options.
- Toxic paint **to** non toxic VOC free paint.
- Soy candles with synthetic fragrance / perfume **to** natural essential oils, organic/GMO project verified or 100% beeswax, with lead free cotton wicks.

OUTDOORS

OUT AND ABOUT:

Swap out ideas:

- Plastic straws **to** stainless steel/glass or refuse.
- Plastic picnicware **to** bamboo/stainless steel.
- Water bottles **to** stainless steel or glass.

OUTDOORS:

Swap out ideas:

- Food Scraps in the rubbish **to** composting.
- Toxic insect repellent **to** low tox brand.
- Plastic pegs **to** wooden.
- PVC/Teflon raincoats **to** PVC free brand.
- Teflon/PVC gumboots **to** 100% rubber.

Thanks for reading!

Eco and Us is a community of carefully selected business owners who are passionate about sharing their knowledge and experiences of holistic natural living by way of information, products and services.

Visit our website

www.ecoandus.com

