



LOW TOXICITY LIVING CHECKLIST

No	THINGS TO DO	<input checked="" type="checkbox"/>
1	Swap laundry detergent to a natural FRAGRANCE FREE option	<input type="checkbox"/>
2	Swap laundry dryer sheets with wool balls (add essential oils to balls)	<input type="checkbox"/>
3	Use white vinegar instead of fabric softener	<input type="checkbox"/>
4	Stop using ALL products with Parfum or fragrance in them	<input type="checkbox"/>
5	Opt for natural fragrance free cleaning products	<input type="checkbox"/>
6	Only use glass for food storage, no more plastic	<input type="checkbox"/>
7	Switch to wooden or steel utensils, no more plastic	<input type="checkbox"/>
8	No plastic water bottles	<input type="checkbox"/>
9	Do not heat anything in plastic containers	<input type="checkbox"/>
10	No candles or air fresheners, only high quality essential oil diffusers	<input type="checkbox"/>
11	No using aluminium foil in ovens, only UNBLEACHED parchment paper	<input type="checkbox"/>
12	Eliminate plastic wrap and Ziploc bags	<input type="checkbox"/>
13	Eliminate non-stick pans, switch to cast iron pans	<input type="checkbox"/>
14	Switch to a phthalate-free shower curtain	<input type="checkbox"/>
15	Deet free bug spray	<input type="checkbox"/>
16	Sunscreens without Oxybenzone	<input type="checkbox"/>
17	Add more houseplants to filter air (research has proven true)	<input type="checkbox"/>
18	Ditch the receipts if possible	<input type="checkbox"/>
19	Do not put laptop on lap and do not sleep with phone beside bed	<input type="checkbox"/>
20	Switch to a natural dishwasher pod	<input type="checkbox"/>