

CLEANER LIVING & TOXIN FREE HOME *checklist*



- CHECK CLEANING SUPPLIES AND SWITCH TO NON-TOXIC ALTERNATIVES:**

Check the labels of cleaning supplies and avoid ones that contain harmful chemicals. Instead, opt for natural cleaning solutions or look for cleaning products that are labeled as non-toxic.
- USE NATURAL AIR FRESHENERS**

Avoid using artificial air fresheners and instead use natural ones like essential oils or plants.
- CHOOSE NON-TOXIC COOKWARE:**

Look for non-toxic cookware options like ceramic, stainless steel or cast iron.
- AVOID PESTICIDES AND HERBICIDES:**

A Use natural pest control methods, like essential oils or diatomaceous earth.
- USE NON-TOXIC PERSONAL CARE PRODUCTS:**

Check the labels of personal care products like shampoo, conditioner, and lotion and avoid those that contain harmful chemicals.
- SWITCH TO NON-TOXIC LAUNDRY DETERGENT:**

Choose laundry detergents that are labeled as non-toxic and free from harsh chemicals.
- AVOID PLASTIC FOOD CONTAINERS:**

Avoid using plastic food containers as they can contain harmful chemicals. Instead, opt for glass or stainless steel containers.



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INVEST IN AN AIR PURIFIER:

Consider investing in an air purifier to help remove harmful toxins and pollutants from the air. Use natural air-purifying plants such as snake plants or peace lilies to improve indoor air quality and reduce the risk of respiratory issues.



USE NATURAL REMEDIES FOR COMMON AILMENTS:

Instead of reaching for over-the-counter medication, consider using natural remedies for common ailments like essential oils, herbal teas, or natural supplements.



CREATE A TOXIN-FREE GARDEN:

Avoid using pesticides and herbicides in your garden and instead use natural pest control methods like companion planting or insect-repelling plants.



NON-TOXIC CLEANING PRODUCTS:

Swap out chemical cleaning products with non-toxic options such as vinegar, baking soda, and lemon juice. Opt for natural, fragrance-free laundry detergents and fabric softeners.



SAFE FOOD STORAGE:

Store food in non-toxic containers such as glass, stainless steel or silicone, to avoid exposure to harmful chemicals from plastic containers.



ORGANIC BEDDING:

Choose organic cotton or wool bedding to reduce exposure to harmful chemicals such as pesticides and flame retardants.



AVOID SYNTHETIC FRAGRANCES:

Avoid using synthetic fragrances in air fresheners, candles, or personal care products. Opt for natural alternatives such as essential oils or unscented products.

Thank-you

Notes:

Clean performed by:

Rate your last clean:

