



Room-wise checklist for Sustainable Swaps

Plastic Usage

Plastic usage is so prevalent that it's easy to forget how often we consume plastic, and when we hear about living a plastic-free lifestyle, it might seem like a difficult nut to crack.

It's essential to take things slowly and not overwhelm oneself while starting a new habit. It might be beneficial to review the plastic items in your home every week, then replace those products with a sustainable alternative only when there's a need. (It's essential to not indulge in overconsumption just for the sake of going plastic-free.) Engaging with things made sustainably makes you appreciate the materials you already have, helping you seize the day and the dollar at once. Here's a quick checklist with certified sustainable brands to make this swap more convenient for you:



Bathroom/Toiletries

Items

Swaps

● Plastic Toothbrush

[Tom's Naturally Clean
Toothbrush](#)

● Sanitary Napkins

[Natcare Plastic-free
Cotton Pads](#)

● Regular Tampons

[Super Plus Non Applicator
Organic Cotton Tampons](#)

● Plastic Menstrual cups

[Diva Cup Model 2](#)

● Shampoo

[Don't Despair, Repair!™
super moisture shampoo](#)

● Conditioner

[Don't Despair, Repair!™
super moisture conditioner](#)

● Hair Mask

[Television Perfect Hair
masque](#)

● Body Lotion

[Vanilla Bean Nourishing
Body Cream](#)

● Bar Soaps

[Coconut Butter
Soaps](#)

● Deodorant

Natural Deodorant

● Dental Floss

Gently Minted Waxed
Silk Dental Floss

● Toilet paper

Premium 100% Bamboo
Toilet Paper

● Toilet Cleaners

Toilet Cleaner Starter
Set



Kitchen

Items

Swaps

Utensils

[BAMBU's Organic, Natural, Toxin-Free Utensils](#)

Eating Utensils/Cutlery

[BAMBU's Organic, Natural, Toxin-Free Cutlery](#)

Straws

[Disposable Bamboo Straws Set of 24](#)

Napkins

[Bamboo Deluxe Dinner Napkins](#)

Plastic Food Containers

[ECOlunchbox Stainless Bento Wet box](#)

Grocery/Shopping Tote Bags

[Reusable Shopping Bag Tote Set Of 3 – Extra Long Handles](#)

Baking Products

[The Silicon Kitchen](#)

Single Use Disposables

[BioGreenChoice](#)

Mop Pads

[Mop and Sweeper Pads with Elastic Pack of 2](#)

● Produce bags

Set of 10 Organic Cotton
Muslin and Mesh Produce
Bags

● Trash bags

2 Gallon Compostable
Liners

● Toasters

Toaster 50's Style

● Blender

Blenders 50's Style

● Dish Washing

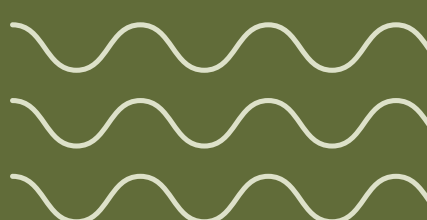
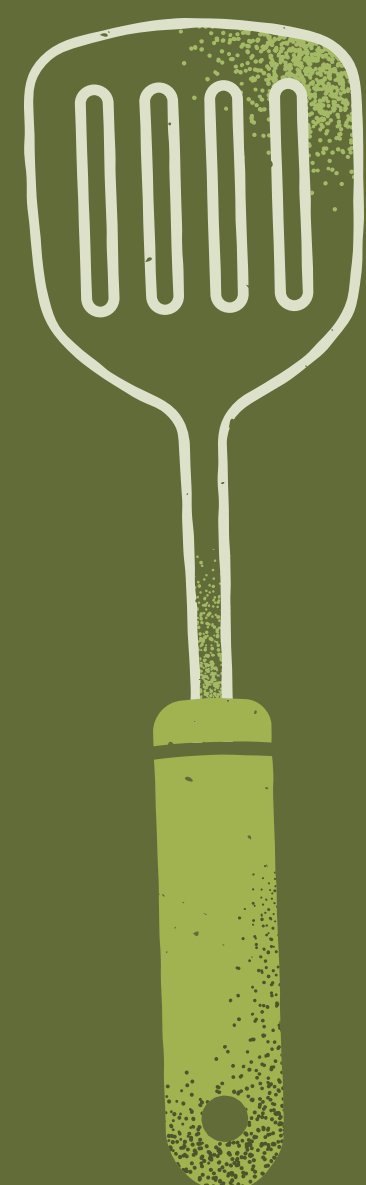
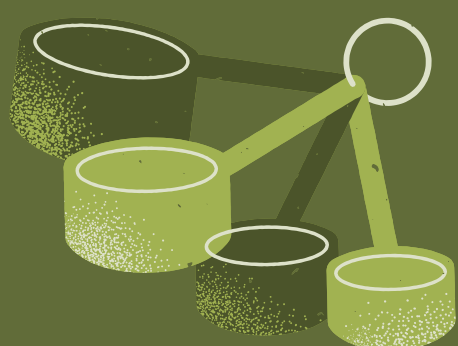
Dish Soap Starter Set

● Laundry Detergent

Stain & Odor Detergent

● Scrubs & cleaning
cloths

Clean again super
absorbant cleaning cloth



Bedroom



Items

Swaps

● Bedsheets	<u>Organic hemp sheets</u>
● Pillowcases	<u>Organic superfine suvin pillowcase set</u>
● Duvet covers	<u>Organic lenin duvet cover</u>
● Mattresses	<u>Avocado green mattress</u>
● Pillows	<u>Avocado green pillows</u>
● Pillow Covers	<u>Textured stripe pillow covermoonstone</u>
● Blankets	<u>The Little Market</u>
● Wall decor	<u>The Little Market</u>
● Room Decor	<u>The Little Market</u>
● Candles/ Fragrances	<u>The Little Market Candles</u>
● Rugs	<u>Recycles sari rug</u>



Office



Items

Swaps

Paper Supplies

Everglades Decomposition Book

Envelopes

Enviro100 New Life 100% Recycled Envelopes

Tape

Kraft Tape

Scissors

Scissors 5" | Recycled Plastic

Staplers

Bamboo Mini Stapler

Highlighters

Highlighters | 4 Pack | Toxin-Free

Pencils

Recycled Paper Pencils (Pack of 10)

Pens

Handmade Bamboo Dip Pens

