



Toxin-Free checklist

GET STARTED

1. **Look up items.** Check out ewg.org to look up everything you are currently using. Sometimes what we think is clean, isn't.
2. **Look for fragrance.** If a label says fragrance, avoid it.
3. **Change one thing at a time.** It is overwhelming to switch out all products at once, so pick one category & start there.

Hygiene

- Body Wash or Soap
- Shampoo
- Conditioner
- Bubble Bath
- Deodorant
- Perfume
- Hair Products
- Beard Gel
- Lotion
- Mouthwash
- Toothpaste

Kitchen

- Pots & Pans
- Plastic Tupperware or water bottles
- Water Filter
- Aluminum Foil
- Dish Soap
- Hand Soap
- Dishwasher Soap
- Kitchen Cleaner
- Plastic Plates & Bowls

Beauty Care

- Facial Cleanser
- Hair Spray
- Shaving Cream
- Foundation
- Mascara
- Eye Shadow
- Eye Liner
- Blush
- Lip balms or lip glosses

Cleaning

- Laundry Detergent
- Dryer Sheets
- Bleach
- Shower Cleaner
- Toilet Cleaner
- Countertop Cleaner
- Glass Cleaner
- Air Fresheners/Candles

