

* This Checklist is by no means a complete exhaustive list of every Sustainable Habit. For a more detailed list of changes that you can make to rule out Toxic Chemicals and Wasteful Habits from your Daily Life, go to [The Home Detox Clinic](#)

Sustainable Daily Living

Waste	Solution
Zero Waste Kitchen	
Water Bottles	Switch to Reusable Water Bottle
Single-Use Coffee Filter/Tea Bags	Use Reusable Coffee Filter or Tea Steeper
Plastic Trash Bags	Biodegradable Trash Bags
Cellophane Wrap & Plastic Storage Bags	Beeswax and/or Silicone Food Savers
Plastic Straws	Bamboo, Wheat or Stainless Steel Straws
Dish Scrubber	Loofa Dish Scrubber
Plastic grocery bags	Reusable shopping/Tote bags
Zero Waste Bathroom	
Shampoo Bottle	Shampoo Bar
Conditioner Bottle	Conditioner Bar
Body Wash Bottle	Bar Soap
Plastic Shower Poof	Loofa Sponge
Plastic Toothbrush	Bamboo Toothbrush
Plastic Cotton Swabs	Bamboo Cotton Swabs
Single-Use Deodorant Stick	Refillable Deodorant
Laundry & Household	
Dryer Sheets	Wool Dryer Balls
Chemical Softener	Distilled White Vinegar
Liquid Phosphate-Rich Detergent	Powdered or Bar Soap Detergent
Household Cleaners in Single-Use Bottles	Concentrated Natural Cleaners in Reusable Sprayer

