



## Ditch & Switch Guide: Natural Swaps for a Healthier Home

### Kitchen

- Conventional Dish Soap → Plant-based Dish Soap (e.g., Thieves, Seventh Generation)
- Plastic Food Storage → Glass or Stainless Steel Containers
- Artificial Sweeteners → Stevia, Monk Fruit, or Organic Honey

### Laundry Room

- Conventional Laundry Detergent → Fragrance-Free or Plant-Based Detergent
- Dryer Sheets → Wool Dryer Balls + Essential Oils
- Bleach → Hydrogen Peroxide or Vinegar

### Cleaning Products

- All-Purpose Cleaners with Fragrance → Vinegar + Water + Essential Oils
- Window Cleaners with Ammonia → White Vinegar + Water

- Air Fresheners → Essential Oil Diffusers or DIY Sprays

### Personal Care

- Antiperspirants with Aluminum → Natural Deodorant (e.g., Native, Schmidt's)
- Sulfate Shampoo → Sulfate-Free or Essential Oil-Infused Shampoo
- Body Wash with Synthetic Fragrance → Castile Soap or Plant-Based Body Wash

### Baby & Children

- Baby Wipes with Fragrance → Water Wipes or Unscented Natural Wipes
- Chemical Sunscreens → Mineral-Based Sunscreens (Zinc Oxide)
- Bubble Bath with SLS → Essential Oil Bubble Bath or Oatmeal Soaks

### Pet Care

- Flea Collars with Chemicals → Essential Oil-Based Pet Sprays

- Conventional Pet Shampoo → Oatmeal or Natural Ingredient Shampoos

### Makeup & Skincare

- Foundation with Parabens → Mineral Makeup (e.g., Savvy Minerals)
- Makeup Wipes with Alcohol → Reusable Cloths + Micellar Water
- Lotion with Synthetic Fragrance → Shea Butter or Coconut Oil-Based Lotion

### Supplements

- Synthetic Multivitamins → Whole Food-Based Supplements
- Artificially Flavored Protein Powder → Organic Plant or Whey Protein

### Essential Oils & Aromatherapy

- Scented Candles → Essential Oil Diffuser
- Chemical-Based Room Sprays → DIY Essential Oil Room Sprays