

Green & Healthy Home Quickstart Guide

10 WAYS TO AVOID TOXIC
CHEMICALS IN YOUR HOME

(fast & practically free)



10 WAYS TO AVOID TOXIC CHEMICALS IN YOUR HOME

1. LEAVE SHOES AT THE DOOR

2. STOP MICROWAVING PLASTIC

3. TOSS TOXIC NON-STICK PANS

4. DRINK FILTERED WATER

5. AVOID TOXIC CLEANING PRODUCTS

6. DITCH THE DRYER SHEETS

7. STOP USING AIR FRESHENERS

8. AVOID ARTIFICIALLY SCENTED PRODUCTS

9. DUST AND VACUUM FREQUENTLY

10. OPEN WINDOWS

10 WAYS TO AVOID TOXIC CHEMICALS IN YOUR HOME

1. LEAVE SHOES AT THE DOOR

Why is this important?

Dirt isn't the only thing that comes into your home on your shoes. Harmful chemicals including pesticides, fertilizers and heavy metals like lead can be tracked into your home. One study showed that 98% of lead dust found in homes was tracked in from the outside.

What to do instead

Encourage the entire family to remove their shoes at the door. This might seem hard at first, but soon it will become a habit. House slippers can be a good alternative to shoes in the home.

Bonus: When you leave shoes at the door, your home will be cleaner too!

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2. STOP MICROWAVING PLASTIC

Why is this important?

Plastics are made up of many different chemicals, including BPA, PVC and phthalates, which are linked to negative health effects like hormone disruption, and neurological problems. Heat from the microwave causes chemicals to leach out of plastic and into food and beverages.

Even so-called “microwave-safe” plastics are not truly safe – it’s best to avoid plastic in the microwave completely.

What to do instead

Reheat food in durable glass or ceramic containers or on the stovetop instead. Use silicone lids instead of plastic wrap to cover containers.

Learn more: [How to Use Less Plastic](#)

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3. TOSS TOXIC NON-STICK PANS

Why is this important?

The coatings used to create traditional Teflon-style non-stick cookware contain perfluorinated compounds (known as PFAS), which have been linked to cancer, elevated cholesterol, hormone disruption and other health issues.

What to do instead

Opt for cookware made from non-toxic materials – luckily there are many options, including cast iron, stainless steel and even safe, ceramic non-stick pans.

Learn more here: [Best Non-Toxic Cookware](#).

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4. DRINK FILTERED WATER

Why is this important?

Even though our water supply is regulated, tap water may contain hundreds of contaminants that pose health risks including cancer, brain damage, nervous system problems, fertility problems or hormone disruption.

What to do instead

Filter tap water before drinking it. This can be done with an inexpensive countertop filter pitcher, or a filtering unit that attaches to the faucet or under the sink.

Learn more here: [How to Choose A Tap Water Filter](#)

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5. AVOID TOXIC CLEANING PRODUCTS

Why is this important?

Conventional cleaning products are well known for their ability to get the dirty jobs done, but there is a price to pay for their version of “clean”.

The ingredients in those secret cleaning formulas are often toxic to breathe, bad for the environment and some are even dangerous to touch with your bare hands.

What to do instead

Make your own DIY cleaning products or purchase safe, eco-friendly cleaning brands.

Learn more: [Best Green Cleaning Brands](#)

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6. DITCH THE DRYER SHEETS

Why is this important?

Conventional dryer sheets are coated with chemicals for softening and fragrance, that are linked to hormone disruption, skin irritations, allergies, asthma and even cancer.

What to do instead

Vinegar and baking soda are both natural fabric softeners. Tennis balls or wool dryer balls are great for reducing static in laundry.

Learn more: [Non-Toxic Dryer Sheet Alternatives](#)

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7. STOP USING AIR FRESHENERS

Why is this important?

Don't be fooled – scented air freshening products, like sprays, plugins and candles, may seem like a good way to make your home smell better, but they actually pollute the air with chemical fragrance components and other toxic ingredients that are linked to hormone disruption, allergies and other negative health effects.

What to do instead

If you still want a fragrant home, try simmering spices on your stove top, or use a natural essential oil diffuser or naturally scented beeswax candles. Or just open the windows and let in the fresh air.

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8. AVOID ARTIFICIALLY SCENTED PRODUCTS

Why is this important?

Most personal care products are mix of cheap chemical ingredients and artificial fragrances, many of which are linked to negative health effects like hormone disruption, allergic responses and even cancer.

What to do instead

Opt for personal care products made with a minimal number of naturally sourced ingredients. Choose fragrance-free products or those scented with natural essential oils only.

Learn more: [Non-Toxic Personal Care Product Guides](#)

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9. DUST AND VACUUM FREQUENTLY

Why is this important?

Need motivation to clean more often? How about the fact that household dust is laden with chemicals like lead, pesticides and flame retardants that are linked to serious health problems. The best way to beat it is by dusting, mopping and vacuuming frequently.

What to do instead

Wet mopping and vacuuming is recommended over sweeping, as sweeping may spread dust around the home.

Use a vacuum with a HEPA filter to remove harmful particles from indoor air.

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10. OPEN WINDOWS

Why is this important?

Indoor air can be surprisingly unhealthy due to vapors and fumes in everything from furniture and carpets to perfumes and cleaning products, so allow fresh air to circulate into your home whenever possible.

What to do instead

Do as much as you can to air out your home – try opening up windows and doors on opposite sides of the house to get air moving up, down and all around.

In addition, use air filters with a high MERV rating (for central air systems) or a HEPA filter (for portable air filter units)