

Toxin Free Starter Checklist

Replace As You Run Out

Don't spend tons of money buying alllllllllll the things at once! Find your alternative toxin free product while you're using up the old, then replace once gone. That way you're not being wasteful AND your pocketbook won't take a huge hit.

Use Apps to Help Find Clean Products

Beware of companies that greenwash. Greenwashing means they use "green" terms like plant based, wellness, eco-friendly when they are anything but. If you aren't sure of the quality, check out the ingredients via an apps. Bonus points if you google what are examples of greenwashing.

* [Think Dirty](#)

* [EWG Healthy Living](#) (Environmental Working Group)

* [Yuka](#)

List What You Want to Ditch & Switch

Make a list of what's most important to you to ditch & switch first. Maybe it's getting rid of all plastic or maybe it's swapping out the chemical cleaners and making your own. Join my community for a comprehensive list that I've already put together.

Check Your Food

Every year the EWG puts out a [Dirty Dozen](#) and Clean Fifteen list. Consider buying any of the produce that's listed on the dirty dozen list as organic.

Don't Go It Alone

Why try to figure out what products work or the best ways to incorporate something yourself when there is a [whole community](#) of badass women that have been there and done that.