

# Non-Toxic Living Resources

## FLOORS

- Hardwood floor is preferable for many reasons including less dust and debris collection, easier to clean, reduced airborne particle and allergen absorption, etc. Preference is for natural materials with the least amount of synthetic or manufactured material usage.
  - It may not always be practical or possible to purchase and install hardwood floors. If you choose carpet, recommend 100% wool carpet or as high of a wool percentage as possible with jute backing. This can get rather expensive, so you may find some middle ground with the carpet blend and backing options.
  - Ask the flooring/carpet company to open the carpet up when it gets to the warehouse and allow it to off-gas before coming to your house.
  - Recommend using a steam mop to clean hardwood floors instead of using harsh chemicals and a wet mop.
- You can also find 100% wool area rugs. [Rugs USA](#) has fairly decent pricing and options.
- Remove shoes at the front door.
- While there is not a perfect solution for cleaning carpets, your best bet would be to look for a company that uses “Eco-friendly” or “Green Clean” products. You may have to do your research and ensure that these companies are using safer products.

## PAINT

- There are low/no VOC paints that you can choose from a variety of reputable brands.

## MATTRESSES AND TOPPERS

- [This article](#) is a great resource for more information on low-toxin sleep solutions.
  - Key words to look for as you shop for mattresses: OEKO-TEX certified, GOTS certified CertiPUR-US certified.
- [Happsy](#) Mattress
- [Nest](#) Mattress
- [Puffy](#) Mattress
- [Sleep on Latex](#)
- [Sleeping Organic](#) Mattresses and mattress toppers
- [Saatva](#) Mattress



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## INDOOR AIR QUALITY

- Recommend opening up windows weekly to get some air flow.
- Keep your house dusted, as this is where most toxins and allergens collect.
- Replace candles and plug in wall air fresheners with essential oil diffusers.
- Recommend getting an air filter, either for your entire house or a couple in the rooms that you use the most. You can rotate them to get the most bang for your buck (i.e: move it in the living room during the day and then into the bedroom at night). Here are some brands we like with a wide range of pricing:
  - [Air Doctor](#)
  - [IQ Air](#)
  - [Molekule](#)
  - [Austin Air Systems](#)

## WATER

- [EWG's Tap water database](#) provides information about the water where you live and offers a [water filter buying guide](#) that can help you find the filter most appropriate for your needs.
- [Berkey Filters](#)

## OFF GASING

- Off gassing is the emission of harmful chemicals and volatile organic compounds (VOC's) from manufactured products into the air. The time it takes for chemicals to off-gas can vary from hours to 10 years, depending on the product and chemical. Common manufactured products that emit VOC's and chemicals include mattresses that contain synthetic materials, carpeting, vinyl flooring, wall paint, particleboard, manufactured wood (MFC), plastic, etc.
- Recommend off-gassing any newly manufactured product, including furniture, carpet, etc., for at least 2 days, but ideally 7-10 days, outside or inside the garage. If inside the garage, open the side garage door or open the garage door slightly to allow for air flow. If you don't have an option to do either of the above, then using separate room that you don't go into much with an open window and an air purifier, may be the next best option.



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## KITCHEN

- Substitute plastic Tupperware for glass Tupperware, [Pyrex](#) is a popular option.
- Get rid of single use plastic bags and replace with the following:
  - Use mason jars for storage
  - [Stasher](#) - silicone reusable bags
  - [ChicoBag](#) - reusable food bags
  - [Earthwise](#) - reusable produce bags
- [Parchment paper](#) instead of foil
- Get rid of non-stick Teflon pans (especially any pan that has a scratch in the lining of the pan) and replace with the following:
  - Cast iron - [Lodge](#) is a good brand
  - Tempered glass - [Visions](#) is a good brand
  - Stainless steel (18/4 or 18/0 stainless steel (that first number is the percentage of chromium; the second is nickel)
  - [This article](#) is a great resource for more information on safe cookware.

## CLEANING PRODUCTS/LAUNDRY

- [Green Living Ideas](#)
- [DIY Natural](#)
  - [DIY Laundry Crystals](#)
- [Earth Easy](#) provides many home cleaning hacks and recipes [Hacks/Recipes](#)
- [Honest Company](#)
- [Norwex](#)
- [Seventh Generation](#)
- Look for laundry detergents and other earth friendly/plant based products that are free of synthetic fragrances and dyes
- [Wool Dryer Balls](#) with added essential oils

## PERSONAL CARE PRODUCTS

- [EWG's Skin Deep](#) is a comprehensive cosmetic safety database that can be used to make safer choices
- [Anmarie Skin Care](#)
- [Beautycounter](#)
- [Cocokind Skincare](#)
- [All Natural Beauty](#)
- [Juice Beauty](#)
- [NVEY ECO Organic Makeup](#)
- [Origins](#)
- [NaturOli](#)



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## LAWN AND GARDEN

- [Northwest Center for Alternatives to Pesticides](#)
- [The Pesticide Action Network](#)
- [Natural Insect Pest Control](#)

## TESTING

- LeadCheck instant lead test swabs from [Home Depot](#)
- [National Water Testing Services](#)
- [Anderson Laboratories](#)

## ONLINE RESOURCES

- [Radiant Life](#) offers supplements, water filters, food storage options, and more.
- [Allergy Buyers Club](#) offers mattresses, humidifiers, air filters, and more.
- [The Homemade Organics Company](#) offers household and personal care products.
- [Thrive Market](#) sells groceries, household cleaners, personal care products, and more.

## AGENCIES AND ORGANIZATIONS

- [Environmental Working Group \(EWG\)](#)
  - [EWG's Healthy Living App](#)
- [Centers for Disease Control](#) - National Center for Environmental Health
- [Agency for Toxic Substances and Disease Registry](#)
- [Household Products Database](#)
- [Tox Town](#)
- [United States Environmental Protection Agency](#)
- [Environmental Health News](#)
- [Toxipedia](#)

## SEAFOOD AND FISH SAFETY

- Natural Resources Defense Council's [Mercury Guide](#)
- [FDA Guide](#) to Mercury Levels in Fish
- [EWG's Consumer Guide](#) to Seafood
- [Environmental Defense Fund](#)
- [Fish Oil Safety](#)

## SUSTAINABILITY

- [Monterey Bay Aquarium Research Institute](#)
- [MarineBio](#)
- [Lighthouse Foundation](#)