

# Healthy Spring Cleaning

## checklist



### Household

- Reduce indoor air pollution; ditch the chemicals

Ammonia  
Chlorine bleach  
DEA (diethanolamine)  
TEA (triethanolamine)  
Parabens  
Phthalates  
Formaldehyde  
Nonylphenol ethoxylates  
Triclosan  
SLS  
SLES



- Swap chemical air fresheners for baking soda and essential oils

### Laundry

- Plant-based cleaning power

### Personal Care

- Check the label for toxic chemicals
- No artificial dyes or fragrances
- No animal testing or byproducts
- Install a low-flow showerhead, reduce water use 50-70%

### Paper Products

- Tree-free paper products
- Biodegradable and septic safe

### Energy

- Power down; use power strips to control chargers and prevent energy leaks
- Start washing on the cold-cycle
- Let that laundry breathe; install a clothesline

