

3 Pillars for Health and Environmental Sustainability

Reducing Plastics, Embracing Nutrition, and Enhancing Environmental Health

PLASTICS IN BABY & HOUSEHOLD PRODUCTS

Baby Products

- Most baby bottles, pacifiers, toys, food storage, packaging, etc. contain micro- and nanoplastics
- Choose silicone, glass, and wooden alternatives
- Store and heat food in glass and stainless steel containers



Household Products

- Many cleaning, personal care, cosmetics, kitchen items, home décor, etc. contain micro- and nanoplastics
- Replace single-use plastics with reusable alternatives
- Choose natural fabrics and ingredients instead of synthetic ones

HEALTH & BUDGET-FRIENDLY NUTRITION

Plant-Based Nutrition

- Eat more whole foods: fruits, vegetables, whole grains, legumes, nuts, and seeds
- Limit processed foods and avoid animal products
- Health benefits include a nutrient-rich, balanced diet and reduced risk of chronic diseases



Budget-Friendly Strategies

- Buy in bulk, and grow some of your food, to save money and reduce plastic packaging waste
- Choose seasonal produce for greater nutrient density and affordability
- Use simple, budget-friendly recipes that emphasize whole ingredients and minimize processed alternatives

WATER & AIR QUALITY

Water Quality

- Use NSF-certified filters to remove contaminants from drinking water
- Access public water programs for free filters & testing kits
- Protect our water sources by minimizing chemicals and products containing microplastics to reduce pollution



Air Quality

- Opt for cleaning products without harmful fumes or synthetic chemicals
- Avoid synthetic furniture that emit harmful chemicals
- Monitor air quality, use HEPA filters, increase ventilation when air quality is good, and add houseplants as natural air purifiers