

#### Your Easy Eco-Guide to PLA Over Plastic & Other Sustainable Material Swaps

What to look for—and what to avoid—when shopping sustainably 🜿 💙





#### Hello Fellow Friend of the Planet!





We know shopping sustainably can feel overwhelming—especially with greenwashing everywhere. That's why we created this easy guide to help you make swaps that are truly better for your body, home, and the Earth. From your kitchen to your closet, here's what to look for (and what to avoid) when going plastic-free, plant-based, and chemical-free.

### BATHROOM: O Click here to explore sustainable swaps!

**Look For:** Bamboo, cork, stainless steel, and natural rubber.

**Avoid:** Plastic, polyester, nylon, synthetic rubber, silicone.

📏 When buying anything wood-based like toothbrushes, facial tools, or bath brushes, make sure the wood is FSC-certified or bamboo-based. Bristles should be plant-based or boar hair—never nylon or plastic.

#### **BEDROOM:** Click here to explore sustainable swaps!

Look For: Organic cotton sheets, wool or natural latex mattresses, untreated wood frames, cotton or jute rugs, non-toxic paint.

Avoid: Memory foam, polyester bedding, synthetic rugs, vinyl mattress covers, flameretardant fabrics.

Your bedroom should be a toxin-free zone—stick with breathable, chemical-free materials that support rest and don't off-gas while you sleep.

# CLEANING PRODUCTS: O Click here to explore sustainable swaps!

Look For: Coconut husk, loofah, cellulose, wood, glass bottles, baking soda, vinegar.

Avoid: Plastic packaging, synthetic sponges, "fragrance," dyes, sulfates.

For scrubs and brushes, natural fibers like sisal or coconut are key. Always skip products labeled "antibacterial" unless it's plant-based.

#### Mippiekit's Favorite DIY Cleaning Swaps:

- Vinegar + Water in a glass bottle: Great for mirrors, glass, and all-purpose cleaning.
- Alcohol + Water in glass spray bottles: Works wonders on bathroom surfaces and toilet bowls.
- Baking Soda + Vinegar: Fizzing combo that deep-cleans drains, toilets, and more—use with a scrubber to reach tough spots.
- Soap + Water (just a drop!): Ideal for marble, granite, and wood—always use gentle, natural soap.
  - We use only glass bottles at home to avoid leaching and reduce waste.

### KITCHEN: O Click here to explore sustainable swaps!!

Look For: Wood, stainless steel, glass, uncoated cast iron, PLA, organic cotton.

**Avoid:** Teflon, non-stick coatings, plastic utensils, synthetic dishcloths.

With aluminum, look for **anodized** or **European-sourced** for safety. With wood, be sure it's untreated and sustainably sourced—avoid "bamboo fiber blend" (it's usually plastic).

# CLOTHING & FABRICS: OCICK here to explore sustainable swaps!

**Look For:** Organic cotton, hemp, linen, wool (ethically sourced).

**Avoid:** Polyester, nylon, rayon, spandex, acrylic.

If it stretches or feels slippery, it likely contains plastic. Always read the full material tag—even a small % of synthetic can leach microplastics.

# PERSONAL CARE: O Click here to explore sustainable swaps!

**Look For:** Plant oils, essential oils, clay, shea butter, glass packaging, aluminum tins. **Avoid:** "Fragrance," parabens, phthalates, plastic bottles, synthetic preservatives.

• Deodorants, creams, and lotions should come in compostable, refillable, or glass packaging. Skip anything with "PEG" or "-eth" ingredients.

## ONE-TIME USE / DISPOSABLES: O Click here to explore sustainable swaps!

Look For: PLA (plant-based plastic), bagasse, bamboo, palm leaf, paperboard.

**Avoid:** Recycled plastic, styrofoam, plastic-coated paper, bioplastic blends.

PLA is made from plants like corn or sugarcane and won't leach microplastics—just be sure it's **certified compostable** and not blended with petroleum.

## GARDEN: O Click here to explore sustainable swaps!

**Look For:** Terracotta, untreated wood, stainless steel tools, natural fiber gloves, organic seeds, compostable pots.

Avoid: Plastic seed trays, synthetic gloves, rubber hoses with phthalates.

Choose tools that will last for years and won't shed microplastics into your soil. For planters and pots, unglazed terracotta or biodegradable fiber pots are best.

### \* PETS: O Click here to explore sustainable swaps!

Look For: Natural rubber toys, organic cotton beds, bamboo brushes, stainless steel bowls, plant-based shampoos.

Avoid: Plastic chew toys, synthetic pet beds, fragranced grooming products, vinyl collars.

Many mainstream pet products contain hidden toxins—stick with natural, chew-safe, and washable materials.

# BABY PRODUCTS: O Click here to explore sustainable swaps!

Look For: Organic cotton, natural rubber, bamboo, wood, stainless steel, glass bottles. Avoid: Polyester, plastic toys, foam mats, synthetic diapers, BPA-lined containers.

Babies are extra sensitive—choose breathable, toxin-free materials with no synthetic coatings or dyes.

## BABY & KIDS CLOTHING: OCICK here to explore sustainable swaps!

Look For: Organic cotton, hemp, linen, natural wool, low-impact dyes.

Avoid: Polyester, nylon, spandex, fleece, flame-retardant coatings.

& Babies and kids are extra sensitive—choose breathable, natural fibers that won't shed microplastics or trap heat. Look for clothing labeled GOTS-certified and avoid blends with even small amounts of synthetic material.

## **SPORTS/BEACH GEAR:** Olick here to explore sustainable swaps!

Look For: Organic cotton towels, wooden or aluminum accessories, stainless steel water bottles, reef-safe sunscreen.

Avoid: Plastic buckets, polyester mesh bags, PVC floaties, toxic sunscreens.

Go for gear that won't shed microplastics in the sand or wash into the ocean—your beach day can still be fun *and* clean!

## SCHOOL SUPPLIES: O Click here to explore sustainable swaps!

**Look For:** Recycled paper notebooks, bamboo pencils, stainless steel or glass water bottles, stainless steel lunchboxes, organic cotton or hemp backpacks, paperboard or fabric-covered binders.

**Avoid:** Plastic pencil cases, polyester backpacks, PVC binders, gel pens with plastic barrels, plastic water bottles.

Choose refillable, compostable, or FSC-certified materials whenever possible. Bonus points for buying local and skipping anything wrapped in plastic!

## **♥ LEARN MORE: Ø PDFs & LINKED RESOURCES**

Want to go deeper? We've created simple, easy-to-read PDFs that break it all down:

- ▶ What Are Natural Flavors Really? Learn how one "flavor" can hide dozens of ingredients.
- **Toxic Seed Oils** Discover why common oils like canola and soybean are inflammatory and what to use instead.
- **What Is Polyester Really Made Of?** Find out why this synthetic fiber is harmful to your body, your hormones, and the planet.
- Click the links on our site or in the newsletter to read, download, or share. Because the more you know, the better you can shop.  $\checkmark$
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#### GENERAL TIPS

- If you don't recognize an ingredient or material—look it up!
- Choose products from countries with strong manufacturing standards: USA, Germany, France, Japan.
- Remember: Greenwashing is real. Just because it says "eco" doesn't mean it is.

Let's make shopping easier for everyone who just wants to do better.  $\checkmark$  With love, from your Chief Eco Officer.

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