

Free Toxin-Free Home Checklist

Protect Your Family Starting Today with These Simple Swaps

As a health-conscious parent, you want the best for your loved ones. This checklist guides you through the most common hidden toxins in everyday household products—and how to replace them for a safer, healthier home.

Laundry

- Use fragrance-free, plant-based laundry detergent to avoid synthetic chemicals.
- Replace dryer sheets with wool dryer balls or white vinegar as a natural fabric softener.
- Avoid “wrinkle-resistance” sheets/clothes that contain formaldehyde.

Cleaning Products

- Swap harsh cleaners for non-toxic, fragrance-free alternatives or make your own with vinegar, baking soda, and castile soap.
- Avoid products with ammonia, bleach, and phthalates.
- Use microfiber cloths with water for everyday dusting.

Personal Care

- Choose products without “fragrance” or “parfum” on the label.
- Use natural deodorants (aluminum-free), fluoride-free toothpaste, and plant-based skincare.
- Avoid parabens, sulfates, and triclosan.

Kitchen

- Store food in glass containers, not plastic.
- Avoid microwaving food in plastic; use ceramic or glass.

- Replace plastic wrap with beeswax wraps or unbleached parchment paper.
- Choose cast iron or stainless steel pans over non-stick.

Air Fresheners

- Use essential oil diffusers or open windows.
- Avoid candles, air fresheners, and room sprays with synthetic fragrances.
- Try indoor plants to purify air.

Water & Food Safety

- Use a certified water filtration system.
- Wash produce with water and baking soda.
- Buy organic produce if possible to reduce pesticides.

Home Environment

- Choose organic cotton or natural fiber bedding.
- Avoid flame retardant-treated furniture/bedding when possible.
- Add air-purifying houseplants (spider plants, peace lilies, or snake plants).

Bonus: Questions to Ask Before Buying

- Is this free from synthetic fragrances?
- Is it plant-based or naturally derived?
- Are there any known toxins (phthalates, parabens, formaldehyde)?
- Can I find a safer, non-toxic version?

The 7 Most Dangerous Everyday Home Toxins*—and How to Spot Them

1 Formaldehyde

- **Where:** Furniture, carpets, pressed wood, "wrinkle-free" fabrics, new paint.
- **How to Spot:** Look for "urea-formaldehyde," "phenol-formaldehyde,"

or a strong chemical smell from new items.

2 Phthalates

- **Where:** Plastic containers, toys, shower curtains, synthetic fragrances (labeled as "fragrance" or "parfum").
- **How to Spot:** Any item with an artificial fragrance; #3 or #7 plastic codes.

3 Bisphenol A (BPA) and Similar Plastics

- **Where:** Plastic water bottles, food storage containers, can linings.
- **How to Spot:** Plastic with recycling code #7 or #3; avoid unmarked plastics for food use.

4 Volatile Organic Compounds (VOCs)

- **Where:** Paints, air fresheners, cleaning supplies, new carpets, pressed wood furniture.
- **How to Spot:** "Low-VOC" or "VOC-free" not stated on label, strong chemical or "new" smell.

5 Flame Retardants

- **Where:** Couches, mattresses, electronics, baby products with foam.
- **How to Spot:** Tags stating "Meets CA TB117" often signal flame retardants; older foam furniture is higher risk.

6 Heavy Metals (Lead, Mercury, Cadmium)

- **Where:** Old paint (pre-1978), some ceramics, imported toys/jewelry, old pipes.
- **How to Spot:** Peeling paint in older homes; unglazed pottery; always be cautious with antiques and imported items.

7 Pesticide Residues

- **Where:** Non-organic produce, lawn treatments, bug sprays.
- **How to Spot:** No easy way to spot on sight—wash all produce, and choose organic when possible.

*These 7 toxins are widely acknowledged as dangerous and commonly found in the home. The spotting tips provided deliver immediately actionable advice for families aiming to reduce exposure.