



Complete	Item
<input type="checkbox"/>	Air purifying house plants
<input type="checkbox"/>	Avoid disposable batteries
<input type="checkbox"/>	Bamboo brush or comb
<input type="checkbox"/>	Beeswax or plant based wax wraps
<input type="checkbox"/>	Biodegradable pregnancy test
<input type="checkbox"/>	Biodegradable scrubbers and sponges
<input type="checkbox"/>	Biodegradable trash bags
<input type="checkbox"/>	Eco-friendly condoms
<input type="checkbox"/>	Organic or DIY insect spray
<input type="checkbox"/>	Washable cloth towels
<input type="checkbox"/>	Bamboo toilet paper
<input type="checkbox"/>	Bamboo toothbrush
<input type="checkbox"/>	Bar body soap
<input type="checkbox"/>	Conditioner bar



Complete	Item
<input type="checkbox"/>	Dish soap bar
<input type="checkbox"/>	Glass bottles & storage containers
<input type="checkbox"/>	Laundry detergent sheets
<input type="checkbox"/>	Menstrual cups
<input type="checkbox"/>	Mouthwash tablets
<input type="checkbox"/>	Reusable bottle soap tablets or bar hand soap
<input type="checkbox"/>	Reusable coffee or tea filter
<input type="checkbox"/>	Reusable cotton, hemp, or bamboo facial wipes
<input type="checkbox"/>	Shampoo bar
<input type="checkbox"/>	Stainless steel safety razor
<input type="checkbox"/>	Toothpaste bites in a reusable jar
<input type="checkbox"/>	Use natural cleaners like vinegar and baking soda
<input type="checkbox"/>	Waterpik flossing or biodegradable floss picks
<input type="checkbox"/>	Cloth diapers



Complete	Item
<input type="checkbox"/>	Gas free landscape maintenance tools

Complete	Item	Description	Impact	Effort	Cost
<input type="checkbox"/>	Air purifying house plants	Great air purifying plants like ivy, peace lilies, or snake plants can be great to have around your home. They can detoxify your living space, rid your home of airborne toxins and pumping out fresh clean air. Not to mention they look wonderful.	Low	Easy	You can buy a few plants for \$10-\$20 and then propagate them to have more. Or get some clippings from a friend for free!
<input type="checkbox"/>	Avoid disposable batteries	Disposable batteries take a very long time to break down and can be the cause of toxic chemicals like mercury, cadmium, lithium, and lead (Pb) making their way into our water supply and land. While they don't fully prevent this risk, switching to reusable and rechargeable batteries can significantly increase the lifespan and prevent massive volumes of batteries from making their way into landfills.	Low	Easy	Rechargeable batteries have become more and more common in recent years. They're usually available for only slightly more than standard disposable batteries.
<input type="checkbox"/>	Bamboo brush or comb	Though thankfully, hair brushes and combs in general are not single-use, they still contribute greatly to plastic pollution that takes hundreds of years or more to break down.	Low	Easy	Sustainable hair brush options are often found to be no more expensive than comparable plastic versions, however, this can vary depending on the style, brand, and quality.
<input type="checkbox"/>	Beeswax or plant based wax wraps	Plastic wrap for food is not only a nightmare to use without it getting stuck, torn, and tangled - it's wasteful! Reusable wax based food wraps are easier to use and can be used again and again.	Low	Easy	You can usually find a pack or roll of reusable food wraps for under \$20.
<input type="checkbox"/>	Biodegradable pregnancy test	Though this may not be as much of a frequent use item as many other hygiene products, every bit counts - plastic pregnancy tests still take 500 years or more to decompose. Multiply that by the everyone that uses a pregnancy test and it starts to add up. Fully plastic-free, biodegradable, and even flushable pregnancy tests are starting to become more available.	Low	Easy	Typically about \$8 to \$15, around the same cost as a standard pregnancy test.
<input type="checkbox"/>	Biodegradable scrubbers and sponges	A decent dish scrubber doesn't need to be anything fancy if you use the right natural cleaning agents - and they definitely don't need to be plastic! So many commonly available products create microplastics that make their way into our oceans and landfills.	Low	Easy	Price will vary depending on the style and maker, but can typically be purchased for within \$15 for a handled scrubber or a pack of sponges.
<input type="checkbox"/>	Biodegradable trash bags	If we're trying to be more conscious of the waste we produce, it wouldn't make sense to wrap it all in plastic, would it? So many households discard plastic (often recyclable) items, wrap them in a plastic bag, and send it off to a landfill. Switching to durable, compostable trash bags can assist in the decomposition of discarded items and avoid additional unnecessary plastic waste.	Low	Easy	You can get our large roll of durable compostable trash bags for just \$15.29
<input type="checkbox"/>	Eco-friendly condoms	Condoms are a difficult product to find a fully sustainable solution for. While there are definitely more eco-friendly options than others, almost all condoms are made from latex to some extent, which is not biodegradable. They're also always single-use. However, there are brands that offer condoms that are free from harsh chemicals, animal products, and made from sustainably sourced natural rubber - which is a step in the right direction.	Low	Easy	These higher quality condom brands are typically a few dollars more than most big name brands. But are still around \$10 - \$15 for a 10 pack.
<input type="checkbox"/>	Organic or DIY insect spray	Buying organic insect spray can avoid harsh chemicals that are often produced in ways that harm the environment. Making your own insect repellent is even better because you can use bulk, organic ingredients and reuse spray bottles instead of throwing them out.	Low	Easy	Recipes for insect repellents either for plants or for humans often consist of natural oils, alcohols, vinegars, or peppers - all of which can be found very cost effectively. If you're buying organic insect sprays, those can be more expensive - likely a few dollars per bottle.
<input type="checkbox"/>	Washable cloth towels	Finding a reusable alternative for paper towels can be significant, especially if you live in a household with little ones creating little messes! These can often go right into the dishwasher or laundry for super easy cleaning.	Low	Easy	You can usually find a good pack of a few reusable paper towels for under \$10.
<input type="checkbox"/>	Bamboo toilet paper	Toilet paper made from bamboo is far more sustainable because of the amount of land required, the rate at which bamboo grows, and the manufacturing process. And despite what you might think, it's often just as soft and comfortable!	Medium	Easy	Bamboo toilet paper is typically about the same, or sometimes less expensive than standard toilet paper.
<input type="checkbox"/>	Bamboo toothbrush	Plastic toothbrushes can take hundreds of years or more to break down, making them extremely unsustainable and damaging to our environment.	Medium	Easy	You can get our bamboo toothbrushes for just \$3.39!
<input type="checkbox"/>	Bar body soap	It's pointless for soaps to come in wasteful plastic bottles. Additionally, many liquid gel soaps are packed with unnecessary harsh chemicals. There are many sustainable and plastic free options for bar soaps that are either unscented or have incredible scents.	Medium	Easy	Depending on where you purchase, soap bars can vary in price but are usually within \$4 or less. We like to find local soap makers to support, which often come to our local farmers markets!
<input type="checkbox"/>	Conditioner bar	Similar to shampoo bars, conditioner bars give you more control and an equally (or better) clean and healthy wash without the waste and chemicals.	Medium	Easy	Usually around \$5 - \$8, often bundled with shampoo bars.
<input type="checkbox"/>	Dish soap bar	There are many options when it comes to dish soap: soap-handle sponges, chemical packed liquid gel bottles, soap powders, etc. Most of these options are full of plastic waste and unnecessary chemicals. Just a classic soap bar does the trick, creates no plastic waste, and often lasts longer.	Medium	Easy	You can get our long-lasting dish soap bars for just \$5.94.
<input type="checkbox"/>	Glass bottles & storage containers	Shifting to reusable and washable glass storage containers like baking trays and sealed jars can reduce our reliance on limited-use or single-use plastic storage methods.	Medium	Easy	Glass jars or sealable containers can usually be found for just a few dollars. This can be especially cost effective if you get them from a second-hand store.
<input type="checkbox"/>	Laundry detergent sheets	There are many problems with common laundry detergent products - plastic waste, overuse, harsh chemicals... the list goes on. Switching to all natural and organic laundry detergent sheets ensure you use a pre-portioned and sufficient amount of detergent, you avoid soaking your clothes in chemicals, and there is no plastic waste created in the process.	Medium	Easy	Our eco-friendly laundry detergent sheets come in scented and unscented options for just \$13.59 for a 64 load pack.
<input type="checkbox"/>	Menstrual cups	Typical menstrual hygiene products like tampons and pads create more than 200,000 metric tons of waste every year, including their packaging (Pb). Reusable and washable menstrual cups can help reduce this enormous amount of plastic that ends up in our landfills and oceans.	Medium	Easy	Typically range from about \$10 - \$30.
<input type="checkbox"/>	Mouthwash tablets	Mouthwash often comes in plastic containers with plastic lids that are simply discarded after they're gone. Mouthwash tablets or mints that come in plastic-free containers and potentially compostable packaging refills provide a wonderful alternative.	Medium	Easy	Pricing may vary, but often within \$10
<input type="checkbox"/>	Reusable bottle soap tablets or bar hand soap	There are many better options for hand soap out there than disposable plastic bottles. Getting a refillable glass dispenser with tablets you can add water to is a great method, or you can simply use a bar that comes plastic-free.	Medium	Easy	Soap tablets or bar soap is often cheaper than disposable plastic bottles or large plastic refill jugs.
<input type="checkbox"/>	Reusable coffee or tea filter	Hot beverages like coffee or tea is an essential part of billions of people's morning and/or evening routines. Wasteful plastic or plastic-lined cups, single-use coffee pods, and plastic wrapped tea bags are all awful for the planet. Just think of a few cups per day, times billions of people over the course of a year. That's a LOT of non-biodegradable waste .	Medium	Easy	Our reusable, zero-waste pour over coffee or tea filters are just \$19.99.
<input type="checkbox"/>	Reusable cotton, hemp, or bamboo facial wipes	Fibers and microplastics in standard disposable facial wipes can take forever to break down or end up in our oceans, rivers, and lakes. Reusable is best, which you can find made from all natural materials.	Medium	Easy	You can usually find a large pack of high quality reusable face pads for \$10 - \$15.



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<input type="checkbox"/>	Shampoo bar	Once you start washing your hair with a shampoo bar, you'll never want to go back. It lasts longer, feels better, and is free of harsh chemicals and unneeded plastic containers.	Medium	Easy	Usually around \$5 - \$8
<input type="checkbox"/>	Stainless steel safety razor	It doesn't make much sense to throw out a whole razor when only the blade needs replacing, right? Getting a safety razor with replaceable blades is a great solution to eliminate plastic waste from shaving.	Medium	Easy	You can usually find a high quality reusable razor and blades for less than \$50
<input type="checkbox"/>	Toothpaste bites in a reusable jar	There are several companies that offer chewable toothpaste bits. Just chew and brush away! No more wasteful toothpaste tubes.	Medium	Easy	Cost can vary from company to company, but you can usually find them for around \$5 - \$7 for a month's supply.
<input type="checkbox"/>	Use natural cleaners like vinegar and baking soda	Many people don't know how many things simple ingredients like vinegar and baking soda can be used for! These powerful cleaners can be used for just about anything. They're far cheaper than mass-produced cleaning supplies, are more natural and free from harmful chemicals, and easy to find in plastic-free packaging.	Medium	Easy	These powerful ingredients are most often far cheaper than brand name cleaning products.
<input type="checkbox"/>	Waterpik flossing or biodegradable floss picks	Standard floss and especially plastic disposable floss picks can be incredibly wasteful. Investing in a water jet flosser and/or biodegradable floss picks can make a big difference.	Medium	Easy	Water flossers can be found for under \$40. Biodegradable floss picks can be found in a large pack for just a few dollars.
<input type="checkbox"/>	Cloth diapers	Modern mass produced disposable diapers can take an extremely long time to break down and decompose. If you've had children, we're sure you know how many diapers a single baby can produce before they outgrow them! Though it might be a difficult transition to get used to, switching to washable cloth diapers can make a big impact.	Medium	Somewhat Difficult	Diapers can take 500 years or more to decompose and create toxins during this process. A set of washable and reusable diapers can be found for around \$20, where a large pack of name brand diapers can cost upwards of \$70! You'll save substantial money in addition to reducing waste.
<input type="checkbox"/>	Gas free landscape maintenance tools	Emissions from lawn equipment like gas powered mowers, weed whackers, edgers, etc. can contribute significantly to harmful environmental impact. Opting for electric lawn equipment, either plug-in or battery powered, can help you avoid contributing.	High	Somewhat Difficult	You can typically find an electric lawn mower and weed whip for around \$400 or better, depending on your needs and location.