

# The Non-Toxic Home Checklist

A Room-by-Room Guide to Removing Hidden Chemicals From Your Home

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By [NonToxicLab.com](https://NonToxicLab.com)

## How to Use This Checklist

**Don't try to do everything at once.** Pick one room and start there. The kitchen is usually the highest-impact place to begin.

**Swap when it runs out.** You don't need to throw everything away today. When a product is empty or worn out, replace it with a safer option.

**Prioritize what touches food and skin.** Cookware, food storage, water, and personal care products have the most direct chemical exposure.

**"Non-toxic" on the label means nothing.** There's no regulation behind that term. Look for specific certifications and materials instead.

Priority Key	
<b>SWAP NOW</b>	High chemical exposure risk. Replace as soon as possible.
<b>SWAP NEXT</b>	Moderate risk. Replace when current product runs out.
<b>UPGRADE</b>	Lower risk but better options exist. Do when budget allows.

# Kitchen

The kitchen has the highest chemical exposure risk in your home. Cookware, food storage, and water all come in direct contact with what you eat and drink.

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## Cookware

- **[SWAP NOW]** Replace Teflon / PTFE-coated nonstick pans
  - Stainless steel, cast iron, carbon steel, or 100% ceramic
- **[SWAP NOW]** Check ceramic-coated pans for scratches or peeling
  - If coating is damaged, replace. Try Caraway, GreenPan, or Our Place
- **[SWAP NEXT]** Replace aluminum baking sheets (uncoated)
  - Stainless steel baking sheets or cast iron
- **[SWAP NEXT]** Check slow cooker insert material
  - Look for lead-free ceramic inserts. Avoid imported unbranded models

## Food Storage

- **[SWAP NOW]** Replace plastic food containers (especially if scratched or stained)
  - Glass (Pyrex, Glasslock) or stainless steel (LunchBots)
- **[SWAP NOW]** Stop microwaving food in plastic containers
  - Transfer to glass or ceramic before heating
- **[SWAP NEXT]** Replace plastic wrap
  - Beeswax wraps, silicone lids, or glass containers with lids
- **[UPGRADE]** Replace plastic cutting boards (if deeply scored)
  - Wood or bamboo cutting boards
- **[UPGRADE]** Check silicone bags and utensils for quality
  - Look for 100% food-grade silicone (Stasher brand is a safe bet)

## Water

- **[SWAP NOW]** Get your water tested (city or well)
  - Start with a free EPA report at [ewg.org/tapwater](http://ewg.org/tapwater), then consider a lab test
- **[SWAP NOW]** Install a water filter for drinking water
  - Clearly Filtered pitcher (budget) or under-sink RO system (best)
- **[SWAP NEXT]** Replace plastic water bottles
  - Stainless steel or glass water bottles
- **[UPGRADE]** Consider a shower filter
  - Carbon-based shower filter to reduce chlorine

## Air Fryer

- **[SWAP NEXT]** Check if your air fryer basket has nonstick coating
  - Stainless steel basket models (Typhur Sync, Ninja Crispi Pro)

# Bathroom

*Personal care products are absorbed through your skin. The average person uses 9 products before leaving the house, exposing themselves to 126+ chemicals daily.*

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## Personal Care

- **[SWAP NEXT]** Check shampoo and conditioner for sulfates, parabens, fragrance
  - Look for EWG Verified or MADE SAFE certified brands
- **[SWAP NEXT]** Replace antiperspirant with aluminum-free deodorant
  - Look for brands without aluminum compounds
- **[SWAP NEXT]** Check body wash and soap ingredients
  - Avoid anything listing 'fragrance' or 'parfum' (can hide 100+ chemicals)
- **[UPGRADE]** Replace conventional toothpaste if concerned about triclosan
  - Look for ADA-accepted brands without triclosan
- **[SWAP NEXT]** Check sunscreen for oxybenzone and octinoxate
  - Mineral sunscreen with zinc oxide or titanium dioxide

## Cleaning

- **[SWAP NEXT]** Replace bathroom cleaners with visible warnings
  - Branch Basics, Force of Nature, or DIY vinegar + baking soda
- **[SWAP NOW]** Replace air fresheners and plug-ins
  - Open a window. Or use essential oil diffuser (real oils, not synthetic)
- **[SWAP NEXT]** Check shower curtain material
  - Replace PVC shower curtains with PEVA, cotton, or hemp

# Laundry Room

*Laundry products leave chemical residues on clothes that stay in contact with your skin all day. Dryer sheets are one of the most chemically concentrated products in your home.*

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## Laundry Products

- **[SWAP NOW]** Replace dryer sheets
  - Wool dryer balls (no chemicals, reusable for 1,000+ loads)
- **[SWAP NOW]** Replace fabric softener
  - White vinegar in the rinse cycle (1/2 cup) or skip entirely
- **[SWAP NEXT]** Switch laundry detergent
  - ECOS, Branch Basics, or Puracy (EPA Safer Choice certified)
- **[UPGRADE]** Check stain remover ingredients
  - Branch Basics concentrate or oxygen-based stain removers

# Living Room & Bedroom

*You spend 6-8 hours sleeping with your face pressed into bedding. Mattresses, pillows, and furniture can off-gas chemicals for years.*

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## Bedding & Mattress

- **[UPGRADE]** Check mattress for flame retardant chemicals
  - Look for CertiPUR-US or GOTS-certified organic mattresses when replacing
- **[SWAP NEXT]** Replace synthetic pillows (if old or flat)
  - Organic cotton, natural latex, or wool pillows
- **[UPGRADE]** Switch to organic cotton or linen sheets
  - GOTS-certified organic cotton (avoid wrinkle-free treated sheets)

## Air Quality

- **[SWAP NOW]** Replace scented candles
  - 100% beeswax or soy candles with cotton wicks and essential oils only
- **[SWAP NOW]** Remove plug-in air fresheners
  - Nothing. Open windows for fresh air instead.
- **[UPGRADE]** Add houseplants for natural air filtration
  - Snake plant, pothos, spider plant (NASA study approved)
- **[SWAP NEXT]** Check HVAC filter and replace if needed
  - MERV 13 filter, changed every 90 days
- **[UPGRADE]** Vacuum with a HEPA filter vacuum
  - Reduces microplastics and chemical dust in carpets

## Furniture

- **[SWAP NEXT]** Air out new furniture before bringing inside
  - Let new items off-gas in the garage for 1-2 weeks if possible
- **[SWAP NEXT]** Check for peeling or crumbling foam
  - Old foam breaks down into dust containing flame retardants. Replace or reupholster

# Kids' Room & Nursery

*Children are more vulnerable to chemical exposure. Their bodies are smaller, they put things in their mouths, and their organs are still developing.*

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## Essentials

- **[SWAP NOW]** Replace plastic baby bottles and sippy cups
  - Glass bottles with silicone sleeves, or stainless steel sippy cups
- **[SWAP NOW]** Check crib mattress for chemical treatments
  - GREENGUARD Gold and CertiPUR-US certified mattresses
- **[SWAP NEXT]** Replace plastic plates and utensils
  - Stainless steel, bamboo, or silicone (food-grade)
- **[SWAP NEXT]** Check toys for phthalates (soft plastic toys especially)
  - Look for wooden toys, OEKO-TEX certified stuffed animals
- **[SWAP NEXT]** Use fragrance-free baby wipes
  - Water-based wipes or reusable cloth wipes

# Cleaning Supplies (Whole House)

*If a product says 'Danger' or 'Warning' on the label, it contains chemicals that can harm you through skin contact or inhalation. Most conventional cleaners do.*

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## General Cleaning

- **[SWAP NEXT]** Replace all-purpose cleaner
  - Branch Basics concentrate or Puracy multi-surface cleaner
- **[SWAP NEXT]** Replace glass cleaner
  - DIY: 1 part white vinegar + 1 part water. Or Blueland glass tablets
- **[SWAP NEXT]** Replace disinfectant spray (if using bleach-based)
  - Force of Nature (EPA-registered, made from salt + water + vinegar)
- **[SWAP NEXT]** Replace dish soap
  - Puracy dish soap or Dr. Bronner's Sal Suds
- **[SWAP NOW]** Replace oven cleaner
  - Baking soda paste + vinegar. Conventional oven cleaners are extremely toxic
- **[UPGRADE]** Check sponges (many contain antimicrobial chemicals)
  - Natural cellulose sponges or Swedish dishcloths

## Quick Reference: What to Look For on Labels

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### Red Flags (Avoid These)

- ✗ "Fragrance" or "Parfum" - can hide hundreds of undisclosed chemicals
- ✗ "PTFE" or "Teflon" - PFAS-based nonstick coating
- ✗ "PFOA-free" without being "PFAS-free" - may still contain other forever chemicals
- ✗ "Antibacterial" - often contains triclosan or triclocarban
- ✗ "Flame retardant" on furniture/mattresses - linked to cancer and hormone disruption
- ✗ "BPA-free" plastic - often replaced with BPS or BPF which may be equally harmful
- ✗ "Natural" or "Green" with no certification - unregulated marketing terms

### Green Flags (Look For These)

- ✓ EPA Safer Choice - products meet strict safety standards
- ✓ EWG Verified - screened against EWG's strict health criteria
- ✓ MADE SAFE - certified free of known toxic chemicals
- ✓ GOTS Certified - Global Organic Textile Standard for fabrics
- ✓ CertiPUR-US - foam certified low in VOCs and free of certain chemicals
- ✓ GREENGUARD Gold - tested for low chemical emissions
- ✓ NSF/ANSI certified - water filters tested to remove specific contaminants
- ✓ OEKO-TEX Standard 100 - textiles tested for harmful substances

# Your 30-Day Action Plan

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Don't get overwhelmed. Here's a realistic schedule for making your home safer.

## Week 1: Kitchen Quick Wins

- Test your water at [ewg.org/tapwater](https://www.epa.gov/ewg) (free, takes 2 minutes)
- Stop microwaving in plastic (use glass or ceramic instead)
- Throw away any scratched Teflon pans

## Week 2: Cleaning Product Swap

- Replace dryer sheets with wool dryer balls
- Replace oven cleaner with baking soda paste
- Remove all plug-in air fresheners and scented candles
- Buy one all-purpose cleaner (Branch Basics or Puracy)

## Week 3: Water & Food Storage

- Order a water filter pitcher (Clearly Filtered removes PFAS)
- Replace your most-used plastic food containers with glass
- Check your baby bottles and kids' cups (replace plastic ones)

## Week 4: Personal Care & Bedroom

- Check your shampoo, soap, and deodorant on EWG's Skin Deep database
- Replace any products scoring 7+ on EWG's scale
- Switch to a MERV 13 HVAC filter
- Order organic cotton or linen sheets for your bed

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## Want Specific Product Recommendations?

Visit [nontoxiclab.com](https://nontoxiclab.com) for detailed reviews, comparison guides, and our top picks for every product category in this checklist. Every recommendation is independently researched.

- [nontoxiclab.com/best-water-filters-pfas-removal](https://nontoxiclab.com/best-water-filters-pfas-removal)
- [nontoxiclab.com/best-non-toxic-cookware](https://nontoxiclab.com/best-non-toxic-cookware)
- [nontoxiclab.com/best-non-toxic-air-fryers](https://nontoxiclab.com/best-non-toxic-air-fryers)
- [nontoxiclab.com/best-non-toxic-cleaning-products](https://nontoxiclab.com/best-non-toxic-cleaning-products)
- [nontoxiclab.com/best-non-toxic-food-storage](https://nontoxiclab.com/best-non-toxic-food-storage)