

BACK TO SCHOOL CHECKLIST

Download this checklist to help inform your shopping experience for back-to-school needs.

body

look for products that are free of toxic chemicals

- Shampoo + Conditioner**
Acure, Everyone, Alaffia
- Toothpaste**
Dr. Bronner's, Desert Essence, Earthpaste
- Toothbrush**
Radius, Preserve, Goodwell, WooBamboo
- Dental Floss**
Radius, Desert Essence, Tom's
- Face Wash/Acne Control**
Acure, Everyone, Juice Beauty, Desert Essence, Lotus Moon
- Bar Soap**
Dr. Bronner's, Vermont Soap
- Shower Gel/Liquid Soap**
Acure, Dr. Bronner's, Everyone, Alaffia
- Hand/Body Lotion**
Acure, Dr. Bronner's, Everyone, Alaffia
- Shave Cream**
Acure, Dr. Bronner's, John Master's, Son
- Feminine Care**
Natracare
- Sunscreen**
Badger, Desert Essence, Juice Beauty
- Lip Balm**
Acure, Dr. Bronner's, Desert Essence, Alaffia
- Makeup**
Plain Jane, RMS, Vapour
- Makeup Remover/Wipes**
Natracare, Acure, Coconut oil
- Deodorant**
EO Products, Organic Essence, Alaffia
- Bug Repellent**
Badger, All Terrain, Honest Company

bathe

prioritize organic and recycled products

- Towels/Bath Mats**
Boll & Branch, Coyuchi, West Elm, Earthsake, Company Store
- Shower Curtain**
West Elm, Coyuchi
- Shower Sandals**
Feelgoodz, Planet Flops, Okabashi
- Shower Caddy**
The Container Store
- Intimate Wipes**
Natracare
- Toilet Paper**
Natural Value

sleep

choose bedding free of flame retardants

- Organic Cotton Sheets**
Boll & Branch, Coyuchi, Earthsake, West Elm, Company Store, Target
- Organic Cotton Comforter**
Earthsake, Coyuchi, West Elm, Company Store
- Organic Cotton Pillow**
Naturepedic, Earthsake, Company Store
- Organic Cotton Blanket**
Boll & Branch, Coyuchi, West Elm, Company Store
- Cotton Mattress Topper**
Naturepedic, Earthsake, Holy Lamb, Company Store
- PJ's**
PACT, Coyuchi

clean

purchase non-toxic and biodegradable products or DIY

- Laundry Detergent**
Dr. Bronner's, Green Shield Organic, Eco Nuts, The Simply Co, NaturOli
- Non-Chlorine Bleach**
Seventh Generation, Ecover
- All Purpose Cleaner**
Dr. Bronner's, EO Products, Green Shield Organic, Vinegar & water
- Glass + Surface Cleaner**
Vinegar, water & essential oil, Green Shield Organic
- Hand Sanitizer**
Everyone, Dr. Bronner's
- Disinfectant/Wipes**
EO Products, Green Shield Organic, Seventh Generation
- Dryer Balls**
LooHoo, Woolzies
- Reusable Cloth/Dish Towels**
Full Circle Home, Skoy
- Trash Bags**
Bio Bag, Seventh Generation

eat

opt for FLOSN (fresh, local, organic, seasonal, non-gmo) food

- Fruits/Vegetables**
Buy organic as much as you can
- Energy Bars**
Clif Bar, Patagonia Provisions
- Breakfast Food**
Sambazon, Patagonia Provisions, One Degree,
- Snacks**
RW Garcia, Annie's
- Easy Meals**
Annie's, Patagonia Provisions, Amy's
- Seeds & Superfoods**
Sambazon, Nutiva, Navitas

drink

look for organic, non-GMO, fair-trade certified, and ethically sourced beverages

- Tea**
Guayaki, Numi, Traditional Medicinals
- Coffee**
Equator, Oakland Coffee, Equal Exchange
- Acai Smoothie**
Sambazon
- Golden Milk**
Gaia Herbs
- Kombucha**
Revive, Kevita, Health-Ade, GT
- Energy Drinks**
Sambazon, Guayaki Yerba Mate
- Coconut Water**
Harmless Harvest

wellness

select products with plant-derived ingredients to optimize personal and environmental health

- Pain Relief**
Gaia Herbs, Boiron
- Herbal Supplements**
Gaia Herbs, Wish Garden, Eclectic Institute, Host Defense
- Flu/Cold**
Gaia Herbs, Wish Garden, Host Defense
- Essential Oils**
EO Products, Aura Cacia, Aetos
- Bandages**
All Terrain, EcoGuard

home

seek out second hand, upcycled, sustainably-sourced items or swap and share

- Closet Organizers**
Ebay, The Container Store
- Desk Organizers**
TheGreenOffice.com, The Container Store, Ebay
- Desk Lamp**
Thrift/consignment shops, Ebay
- Furniture/Rugs/Decor**
Thrift/consignment shops, Ebay
- Energy Star Mini Fridge**
Danby, Haier America, Igloo
- House Plants**
Visit your local organic nursery

study

buy 100% post-consumer recycled items, reuse supplies, and reduce your paper intake

- Desk Supplies/Materials**
Onyx + Green, TheGreenOffice.com
- Backpacks/Messenger Bags**
Patagonia, Northface, REI, Onyx + Green, Timbuk2, Osprey, Voltaic
- Laptops**
VeryPC, Acer, iameco, Linx, Tiny Green PC, Asus, Packard Bell
- Laptop/Tablet Sleeves**
Green Guru, Timbuk2, Etsy
- Printer**
Konica Minolta, Ricoh

active

ethically source your activewear and gear

- Apparel**
Patagonia, PrAna, Northface, Nau, LVR, Alternative Apparel, PACT, Synergy, Athleta
- Bikes/Bike Gear**
Specialized, Canondale, Pashley, Public Bikes, Giro, Green Guru, Siva Cycle
- Yoga Mats**
PrAna, Manduka, Jade, Barefoot Yoga, Yeti
- Shoes**
Chaco, Teva, Keen, Ethletic, Newton Running, Merrell, REI
- Socks**
Farm to Feet, PACT, Maggie's, Smartwool
- Protein Powder**
Nutiva, Sambazon, Acure, Garden of Life

zero waste

replace single-use plastics and styrofoam with reusable or biodegradable products

- Beverage Containers**
Klean Kanteen, U-Konserve
- Food Containers**
Klean Kanteen, U-Konserve, To-Go-Ware, EcoLunchbox
- Reusable Utensils**
To-Go-Ware, U-Konserve
- Beeswax Food Wrap**
Bee's Wrap, Abeego
- Compost Bin**
Full Circle Home, Simplehuman, The Container Store
- Reusable Straws**
Klean Kanteen, U-Konserve, Simply Straws, Strawsome
- Reusable Bag**
U-Konserve, Chicobag, Fluf