

## Kitchen Swaps

Dish soap		Baking cups	
Sponge alternative		Wax food wraps or reusable covers	
Dish gloves		Snack bags	
Dishwasher tabs		(Un)paper towel	
Silicone baking mat		Serviettes	

## Bathroom Swaps

Shampoo		Toothbrush	
Conditioner		Toothpaste	
Body wash		Floss	
Dry shampoo		Mouthwash	
Hand soap		Tongue scraper	
Safety razor		Shaving cream	
Toilet paper		Toilet bowl cleaner	
Epsom & bath salts/bombs			

## Personal Care Swaps

Exfoliator		Moisturizer	
Deodorant		Lip balm	
Makeup		Makeup remover	
Nail polish		Nail polish remover	
Menstrual cup		Reusable pads/period underwear	
Cotton rounds			

## Swaps For On-The-Go

Water bottle		Reusable shopping bags	
Cutlery set		Mesh produce bags	
Stainless steel straw		Containers/jars	
Reusable coffee cup		Cardboard or refillable lip balm	
Refillable hand cream		Plant-based phone case	
Eco-friendly sunglasses			

## Cleaning Swaps

Laundry detergent		Household cleaner	
Laundry bag		Cleaning wipes	
Dryer balls		Pet shampoo/conditioner	