

Product Swap Priority List

Prioritized product swaps to reduce your family's daily toxic exposure

Swap the products you use most frequently first. Daily-contact items drive the majority of your family's chemical exposure.

PRIORITY	CATEGORY	SWAP FROM	SWAP TO	WHY
1	Water	Unfiltered tap water	Carbon or RO filtered water	Primary exposure route for fluoride, chlorine, lead, and pesticide runoff
2	Cookware	Non-stick (Teflon/PTFE)	Cast iron, stainless steel, or ceramic	PFAS release at high heat; linked to thyroid disruption and cancer
3	Food storage	Plastic containers and bags	Glass, stainless steel, silicone	BPA/BPS/phthalates leach into food, especially when heated
4	Personal care (kids)	Conventional shampoo, lotion, soap	EWG-verified or fragrance-free brands	Children absorb more per body weight; skin is more permeable
5	Cleaning products	Conventional sprays and wipes	Vinegar, baking soda, Branch Basics, or Force of Nature	VOCs and endocrine disruptors in fragranced cleaners
6	Personal care (adults)	Fragranced deodorant, lotion, makeup	Fragrance-free or EWG-rated alternatives	'Parfum' = undisclosed phthalate cocktail
7	Laundry	Scented detergent + dryer sheets	Free & clear detergent + wool dryer balls	Fragrance chemicals coat clothing and transfer to skin all day
8	Air fresheners	Plug-ins, sprays, scented candles	Open windows, beeswax candles, essential oil diffuser	Synthetic fragrances release formaldehyde and benzene

PRIORITY	CATEGORY	SWAP FROM	SWAP TO	WHY
9	Food wrap	Plastic wrap and aluminum foil on food	Beeswax wraps, parchment paper, silicone lids	Heat and acid accelerate chemical leaching from plastics
10	Water bottles	Plastic bottles (especially reused)	Stainless steel or glass bottles	Microplastic shedding increases with wear and sun exposure
11	Sunscreen	Chemical sunscreen (oxybenzone, octinoxate)	Mineral sunscreen (zinc oxide, titanium dioxide)	Chemical UV filters are detected in blood within hours of application
12	Mattress/bedding	Conventional mattress with flame retardants	Organic or GOTS-certified mattress and bedding	8+ hours nightly contact with flame retardant offgassing
13	Pest control	Conventional sprays and foggers	Diatomaceous earth, boric acid, integrated pest management	Organophosphates are neurotoxic, especially for children
14	Shower curtain	Vinyl/PVC curtain	PEVA, hemp, or cotton curtain	PVC offgasses phthalates in hot, steamy air
15	Produce	Conventional Dirty Dozen fruits/veggies	Organic for Dirty Dozen; conventional OK for Clean Fifteen	Strawberries, spinach, and apples carry highest pesticide loads

Quick Wins (Do These Today)

- Stop microwaving food in plastic containers
- Open windows for 10 minutes daily to ventilate indoor air
- Switch to fragrance-free hand soap
- Decline paper receipts (thermal paper contains BPA)
- Remove plug-in air fresheners
- Wash new clothes before first wear
- Wash hands before meals (removes flame retardant dust)

Check your products at [EWG.org/skindeep](https://www.ewg.org/skindeep)

DON'T OVERWHELM YOURSELF

Replace items as they run out rather than tossing everything at once. Focus on items your child contacts daily first.

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