

active

Choose sustainable, natural, and For exercise clothing and gear, seek organic body products instead of out sustainable and eco friendly items conventional often laden with toxins. that lesson the impact on the earth. ☐ Deodorant (Aubrey, Nourish, Alba) ☐ Socks (EcoSox, Teko Socks, Zkano) ☐ Shampoo + Conditioner ☐ Athletic Shoes (Acure, Aubrey, Desert Essence, EO, Nourish, (Montrail, New Balance, Brooks, Patagonia, Lotus Moon) Keen, Planet Shoes, Kigo) Seventh Generation, Vermont Soap) ☐ Hair Spray (Aubrey Organics) ☐ Flip Flops ☐ Hair Styling Gel (Aubrey, EO, (Planet Flops, Pocketflops) Desert Essence) Legwarmers ☐ Hair Brush (Bass Wood) (Maggie's Organics, Artisan Socks) ☐ Toothpaste (Desert Essence, ☐ Leggings (PrAna, Eileen Fisher, Pact, Jason Natural) Gaiam, OMgirl, Soul Flower) ☐ Toothbrush (Preserve, Radius) ☐ Tees (PrAna, Loomstate, Maggie's Organics) ☐ Mouthwash (Desert Essence) ☐ Workout Clothing ☐ Dental Floss (Desert Essence, Radius) (PrAna, Gaiam, Manduka, Moving Comfort, ☐ Skin Care (Juice Beauty, Desert Essence, Rawganique, Alo Sport, Patagonia) Acure, Aubrey, Nourish, Lotus Moon, EO) ☐ Leotard (Trienawear, Gaiam) ☐ Facial Mask & Scrub (Acure, Juice ☐ Sports Bra (Moving Comfort, Patagonia) Beauty, Aubrey, Pangea) Green Shield Organic) ☐ Gym Bag (Gaiam) □ Blemish Control ☐ Sports Balls (Senda Athletics) (Juice Beauty, Desert Essence) ☐ Road Bike (Vilano) ☐ Bar Soap ☐ Bike Helmet (Coyle) (Dr. Bronner's, Vermont Soap, Aubrey, EO) ☐ Bike Gloves (Sparta 7) ☐ Shower Gel/Liquid Soap ☐ Bike Basket (Cynthia Twigs) (Dr. Bronner's, Acure, Vermont Soap, Desert ☐ Bamboo Skateboard (Santa Cruz, Essence, EO Products) Bamboo Sk8) ☐ Hand & Body Lotion ☐ Yoga Mat (PrAna, Gaiam, Manduka) (Dr. Bronner's, Acure, Nourish, Desert Essence, ☐ Yoga Mat Bag EO Products, Alaffia) (PrAna, Gaiam, Manduka) ☐ Shave Cream & Gel ☐ Yoga Block (Gaiam) (Dr. Bronner's, Aubrey, Pacific Shaving Co.) ☐ Swimsuits – Women (PrAna, Tres ☐ Razor (Preserve) Palmas, KellyB, BTC Elements, Nikster) ☐ Hand Sanitizer (Dr. Bronner's, EO) Bambooee) ☐ Swim Trunks – Men (PrAna) ☐ Sunscreen (Acure, Aubrey, Badger, ☐ Board Shorts (Patagonia, Hurley) Burn Out, Desert Essence, Juice Beauty) ☐ Sunhat (PrAna, LiViTY) ☐ Lip Balm (Dr. Bronner's, Aubrey, Desert Essence, Pangea) bath ☐ Make Up (Juice Beauty, Aubrey, Plain Live clean by removing harmful Jane, Jane Iredale, RMS) chemicals from your daily bath routine. ☐ Lip Gloss (Juice Beauty, Aubrey, Jane Iredale)

Switch to organic and earth-friendly products.

or oddoto.
\square Towels (Portico for Bed, Bath & Beyond,
Covuchi, and Gaiam)

- ☐ Bath Mat (Gaiam, Land's End, Coyuchi)
- ☐ Shower Curtain (Rawganique,
- Green Home)
- ☐ Curtain Liner (Gaiam)
- ☐ Shower Filter (Rainshow'r)
- ☐ Laundry Hamper (Enviro-Tote, Container Store, Easy Breezy)
- ☐ Loofah Sponge (Twist)

body

- ☐ Cotton Balls, Pads & Swabs
- (Swisspers Organic) ☐ Makeup Remover (Dr. Bronner's, Juice
- Beauty, Lotus Moon, Coconut Oil) ☐ Facil Wipes (EO, Natracare)
- ☐ Makeup Bag (Apple & Bee)
- ☐ Cosmetic Brushes (EcoTools)
- ☐ Nail Polish (Acquarella Polish, Priti NYC, SpaRitual, Zoya)
- ☐ Tampons + Pads (Natracare)
- ☐ Intimate Wipes (Natracare)

clean

There are plenty effective cleaning products made of non-toxic, biodegradable, and renewable resources.

- ☐ All Purpose Household Cleaner (Dr. Bronner's, EO Products,
- ☐ Laundry Detergent
- (Seventh Generation, Green Shield Organic)
- ☐ Non-Chlorine Bleach (Seventh
- Generation, Earth Friendly Products, Lifekind)
- ☐ Dryer Balls (Woolzies)
- ☐ Scouring Powder | Scrub
- (Bon Ami, Ecover)
- ☐ Toilet Bowl Cleaner
- (Seventh Generation, Ecover)
- ☐ Glass + Surface Cleaner (Seventh Generation, Vinegar)
- ☐ Disinfectant (Seventh Generation, Ecover,
- ☐ Wipes (EO Products, Seventh Generation)
- ☐ Hand Sanitizer (EO. CleanWell,
- Dr. Bronner's)
- ☐ Trash Bags (Bio Bag, Seventh Generation)
- ☐ Vacuum (Dirt Devil AccuCharge)
- ☐ Scour Pads (Twist)
- ☐ Sponges (Full Circle)
- ☐ Dish Brush (Full Circle)
- ☐ Dish Towels (Full Circle, Casabella)
- ☐ Microfiber Dust Cloth (Casabella)
- ☐ Paper Towels (Seventh Generation, World Centric, 365 Everyday Value)
- $\hfill \square$ Reusable Towels (People Towels,
- ☐ Toilet Paper (Seventh Generation,
- Natural Value)
- ☐ Bucket (Casabella)
- ☐ Spray Bottle (Casabella, Container Store)
- ☐ Compost Pail (Simplehuman, Container Store, Norpro)

sleep

Your bedroom's a retreat from the cocophony of campus life! Opt for organic cotton linens, free of toxic chemicals - healthy for you and the planet.

- ☐ Mattress (OMI, Lifekind, Earthsake, The Futon Shop)
- ☐ Pillow Top | Mattress Topper (ОМ), Lifekind, Earthsake, The Futon Shop, Natura)
- ☐ Pillow (OMI, Lifekind, No Feathers Please, Earthsake, Gaiam, Natura)
- ☐ Sheets (Under the Canopy at Bed, Bath &



sleep continued

Beyond, Coyuchi, Target) ☐ Travel Sheet (Yala DreamSack) ☐ Comforter (Under the Canopy at Bed, Bath & Beyond, Lifekind, No Feathers Please, Earthsake, Natura) ☐ Duvet Cover (Coyuchi, West Elm) ☐ Blanket (Under the Canopy at Bed, Bath & Beyond, Coyuchi, West Elm, Pottery Barn)

☐ Throw (PBTeen, Coyuchi, Gaiam) ☐ PJ's (Cottonfield, Maggie's, Coyuchi, Garnet Hill, Gaiam, Luva Huva)

☐ Bathrobe (Under the Canopy, Coyuchi, Gaiam, Yala Designs)

☐ Slippers (Gazel, Gaiam)

☐ Air Cleaner (Austin Air)

space

When choosing your furnishings, décor and accessories, look for those made with non toxic materials, second hand, and sustainable. Healthy for you and the planet!

☐ Bed (eBay Green, Ikea, Vintage)

☐ Desk (eBay Green, Thrift Shops)

☐ Chair (Steelcase, Gaiam, Anthropologie)

☐ Desk Lamp (Ikea, Koncept, Sundance)

☐ String Lights (Lighting Universe)

☐ Flashlight (Freeplay)

☐ Rug (Pottery Barn, Sisal Rugs Direct, FLOR)

☐ Storage Shelf (Sundance,

Heritage Salvage)

☐ Storage Bins (The Container Store)

☐ Storage Baskets (The Container Store,

☐ Closet Organizers

(The Container Store, Honey-Can-Do, Home Depot, eBay)

☐ Drawer Organizers (The Container Store)

☐ Jewelry Box (Sundance)

☐ Hangers (The Container Store, Ditto)

☐ Trash Basket (BTC Elements)

☐ Mirror (Vivaterra, PB Teen, Ikea)

☐ Bulletin Board (The Container Store,

☐ Alarm Clock (eBay Green)

☐ Energy Star Mini Fridge

(Haier America)

☐ Fan (eBay Green, Enviro Citizen)

☐ Heater (Envi)

☐ Humidifier (E-Ware)

study

The best school supplies are those made of reused, recycled, upcycled, post-consumer, FSC certified, or otherwise green materials.

☐ Backpack | Carry-All Bag

(Greensmart, Peace Frogs, Voltaic, Keen, Feed)

☐ Notebooks | Sketchbooks | Planners (Kejriwal, Ecojot, New Leaf)

☐ Binder (Naked Binder, Samsill, Earth's

Choice, New Leaf) ☐ Dividers (Naked Binder, New Leaf)

☐ Filler Paper (Kejriwal, New Leaf)

☐ Copy Paper (New Leaf)

☐ Notecards (New Leaf, Ecojot)

☐ Desktop Files (Container Store)

☐ Pencils (ForestChoice, O'Bon, Paper Mate)

☐ Eraser (Westcott KleenEarth, St. Jude)

☐ Pens (Zebra)

☐ Highlighter (Zebra)

☐ Pencil Case (Apple & Bee, Rawganique)

☐ White Board Markers (AusPen)

☐ Scissors (Westcott KleenEarth)

☐ Stapler (eBav)

☐ Glue (EcoGlue)

☐ Tape (Green Earth Office Supply, Scotch,

Eco Duct Tape) ☐ Correction Fluid (Greenline Paper)

☐ Hole Punch (Officemate)

☐ Ruler (Green Earth Office Supply, Westcott KleenEarth)

☐ Batteries (Fuji Enviromax, Sanyo Enloop)

tech

Make a difference by demanding green tech and supporting the many companies who act sustainably.

☐ Laptop Case | Sleeve (GreenSmart, ColcaSac, Looptworks)

☐ iPad | Kindle Sleeve (GreenSmart,

ColcaSac, Matt & Nat)

☐ Backpack | Messenger Bag

☐ Daypack (GreenSmart, Eclipse,

Mountainsmith)

☐ Cell Phone (Samsung, Motorola, Apple, eBay Green)

☐ Cell Phone Case (Rebagz, Vers)

☐ Digital Camera (Olympus, BenQ)

☐ Camera Case (Mountainsmith, Lowpro)

☐ Sound System (House of Marley)

☐ Speakers (Muji, Vers, Terracycle, iBamboo) ☐ Headphones + Earbuds (House of

Marley, Vers)

☐ Charger (Solio)

☐ Batteries (Fuji Enviromax, Sanyo Enloop)

☐ Power Strip (EcoStrip)

wellness

Take 30 minutes a day to relax, read a book, and meditate to keep life in balance. Opt for organic and natural products to stay well.

☐ Multivitamins (Rainbow Light)

☐ Breath Freshener (Gaia Herbs)

☐ Energy + Stress Response (Gaia Herbs)

☐ Bandages (All Terrain)

☐ Cotton Balls, Tips and Pads

(Swisspers Organics)

☐ Sanitizing Gel + Wipes (EO,

Dr. Bronner's)

☐ Salves, Rubs, Remedies (Gaia Herbs,

☐ Throat Lozenges (Gaia Herbs)

☐ Sore Muscles (Boiron)

☐ Flu (Gaia, Boiron)

☐ Ice Pack (U-Konserve)

☐ Bug Repellant (Badger, All Terrain,

Burt's Bees)

☐ Poison Oak Remedy (Ojahs Naturals)

☐ Sunscreen (Acure, Aubrey, Badger)

☐ After Sun (Aubrey Organics)

☐ Aloe Vera (Aubrey, Lily of the Valley)

☐ Air Filter (Lifekind)

zero waste

Stop the flood of single use disposables and change the picture one reusable item at a time!

☐ Sandwich Bags (U-Konserve, WasteNot)

☐ Food Containers (U-Konserve, To-Go

Ware, Lunchbots, Onyx, Klean Kanteen)

☐ Lunch Tray (Eco Lunch Boxes, Bridge-Gate)

☐ Lunch Box | Bag (U-Konserve, Eco Lunch

Box, Planet Box, Reuseit, Bazura Bags) ☐ Ice Pack (U-Konserve)

☐ Utensils (U-Konserve, Bambu, To-Go Ware)

☐ Reusable Straws (UKonserve)

 \square Water Bottle (Life Factory, EarthLust,

U-Konserve, Klean Kanteen)

☐ Thermos (Klean Kanteen)

☐ Coffee Cup (U-Konserve)

☐ Bulk Jars (Weck, Ball)

☐ Shopping Bag (U-Konserve, Flip & Tumble,

Ecobags, ChicoBag, Reisenthal) ☐ Produce | Bulk Bags (U-Konserve,

EcoBags) ☐ Personal Towels (People Towel, Bambooee)

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