

# 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

- Face Wash/Scrub/Acne Control**  
Acure, Everyone, Juice Beauty, Desert Essence, Lotus Moon
- Facial Moisturizer**  
Acure, Everyone, Weleda, Juice Beauty, Lotus Moon
- Bar Soap**  
Dr. Bronner's, Vermont Soap
- Hand/Body Lotion/Cream**  
Acure, Dr. Bronner's, Everyone, Alaffia, Weleda
- Shea Butter**  
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

## bath

prioritize organic and recycled products

- Shampoo + Conditioner**  
Acure, Everyone
- Toothpaste**  
Dr. Bronner's, Desert Essence, Jason's
- Toothbrush**  
Radius, Preserve, WooBamboo
- Dental Floss**  
Radius, Desert Essence, Tom's
- Shower Gel/Liquid Soap**  
Dr. Bronner's, Everyone, Alaffia
- Intimate Wipes**  
Natracare
- Toilet Paper**  
Natural Value
- Towels/Bath Mats**  
Boll & Branch, Coyuchi, West Elm, Earthsake, Company Store
- Shower Curtain**  
West Elm, Coyuchi
- Shower Sandals**  
Feelgoodz, Planet Flops, Okabashi
- Shower Caddy**  
Casabella

## 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, Holy Lamb
- Organic Cotton Blanket**  
Boll & Branch, Coyuchi, West Elm, Company Store
- Cotton Mattress Topper**  
Naturepedic, Earthsake, Holy Lamb, Company Store
- PJ's**  
PACT, Coyuchi
- Stuffed Animal**  
Organic Farm Buddies

## clean

purchase non-toxic and biodegradable products or DIY

- Laundry Detergent**  
Dr. Bronner's, Green Shield Organic, Eco Nuts, The Simply Co, NaturOil, For Nuts by Nature
- Non-Chlorine Bleach**  
Seventh Generation, Ecover
- All Purpose Cleaner**  
Dr. Bronner's, EO Products, Green Shield Organic, Vinegar & water
- Glass + Surface Cleaner**  
Spectrum Organic 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
- Energy Bars**  
Clif Bar, Patagonia Provisions
- Breakfast Food**  
Sambazon, Patagonia Provisions, One Degree,
- Snacks**  
RW Garcia, Annie's, Lundberg, Arrowhead Mills
- 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
- Phone case**  
Pongcase
- 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
- 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