



conventional to conscious Checklist

Body

Choose natural, and organic body products vs conventional often laden with toxins.

- Bar Soap (Dr. Bronner's, Leef, River Soap)
- Blemish Control (Acure, Kinship)
- Cotton Balls, Pads, Swabs (Swissper's Organic)
- Dental Floss (Cocofloss, Radius, Tom's)
- Deodorant (Acure, EO, Alaffia, All Good, Organic Essence)
- Face Mask (Acure)
- Facial Moisturizer (Acure, Everyone, Kinship)
- Face Wash (Acure, Everyone, Kinship)
- Hand Sanitizer (Everyone, Dr. Bronner's)
- Hair Styling Products (Everyone, John Masters)
- Hand & Body Lotion (Acure, Everyone, Alaffia, Weleda)
- Lip Balm (Dr. Bronner's, Pangea)
- Make Up (W3ll People, RMS Beauty, Plain Jane, Credo.com)
- Makeup Remover (Dr. Bronner's Coconut Oil, Kinship, Natracare)
- Mouthwash (Gaia, Dental Herb Company)
- Perfume + Aromatherapy Essential Oils (Everyone, Panarom, Aura Cacia)
- Period Products (Natracare, DivaCup)
- Razor (Bambau Steel Razor)
- Scrub (Acure, Everyone, Pangea Scrub)
- Serum (Acure, EO)
- Shampoo + Conditioner (Acure, Everyone, Alaffia)
- Shave Cream & Gel (Dr. Bronner's)
- Shower Gel/Liquid Soap (Acure, Dr. Bronner's, Everyone, Alaffia)
- Sunscreen (Kinship, Badger)
- Toner (Acure, Everyone, Kinship)
- Toothbrush (My Magic Mud, Radius)
- Toothpaste (Dr. Bronner's, Jason, My Magic Mud, Radius)
- Travel Bag (Maika)

Bath

Natural and organic products to add to your daily bath routine.

- Towels (Coyuchi, West Elm, Boll & Branch)
- Robes (Coyuchi, Company Store)
- Sheets (Farm to Home)
- Shower Shoes (Indosole, Third Oak)

Sleep

Organic cotton and wool bedding, free of harmful chemicals – for a healthy night's sleep!

- Air Filter (Molekule, Rabbit Air)
- Blankets (Coyuchi, West Elm, Pottery Barn)
- Comforter (Coyuchi, Earthsake, Company Store)
- Mattress Topper (Naturepedic, Coyuchi, Avocado Green)
- Pillows (Naturepedic, Company Store, ASmile, Coyuchi)
- Sheets (Farm to Home, Naturepedic, Coyuchi, West Elm, Company Store)

Clean

Look for effective cleaning products with non-toxic, biodegradable, & renewable resources.

- All Purpose (Dr. Bronner's, Greenshield Organics, Ecos, Ecover, Seventh Generation)
- Compost Pail (Full Circle Home, RSVP)
- Dish Soap (Dr. Bronner's, Biokleen, Ecover)
- Disinfectant (Ecover, Seventh Generation)
- Dryer Balls (LooHoo, Woolzies)
- Hand Soap (Dr. Bronner's, Everyone)
- Glass + Surface Cleaner (Greenshield Organics, Vinegar/Water)
- Hand Sanitizer (Dr. Bronner's, Everyone)
- Laundry (Dr. Bronner's, Greenshield Organics, Seventh Generation, Ecos, Ecover)
- Non-Chlorine Bleach (Seventh Generation, Earth Friendly Products)
- Reusable Cloths (Skoy)
- Scouring Powder (Bon Ami, Ecover)
- Soap Nuts (Four Nuts By Nature)
- Toilet Bowl Cleaner (Ecover, Seventh Generation, Vinegar/Water)
- Toilet Paper (Natural Value)
- Wipes (Everyone, Greenshield)

Zero Waste

Reduce your single use disposables with these reusable items!

- Tumbler (Klean Kanteen, U-Konserve)
- Food Containers (Klean Kanteen, U-Konserve, To-Go Ware)
- Lunch Bag (U-Konserve, Fluf)
- Reusable Bag (Chico Bag, Ecobags)
- Sandwich Bags (Stasher)
- Straws (Klean Kanteen, U-Konserve, Simply Straws)
- Utensils (U-Konserve, To-Go-Ware)
- Water Bottle (Klean Kanteen)

Study

Supplies made of reused, recycled, upcycled, & post-consumer materials get an A+ from us!

- Backpack (Peak Design, Everlane, Keen)
- Binder (Earth's Choice, Samsill)
- Notebooks (Decomposition (Look for 100% recycled))
- Pencils (Eco Pencils, Forest Choice)
- Pens & Highlighters (Bic, B2P, Onyx & Blue, Zebra)

Active

Ethically source your activewear and gear.

- Apparel (Patagonia, Nau, Pact, Prana)
- Bikes+Gear (Cannondale, Specialized, Trek)
- Shoes (Allbirds, Chaco, Keen, REI, Teva)
- Socks (Farm to Feet, Maggie's, PACT, Smartwool)
- Yoga Mats (Barefoot Yoga, Jade, Manduka, PrAna)

Wellness

30-minutes of daily relaxation helps keeps you well of mind & body and in balance

- Aromatherapy (Everyone, Panarom, Aura Cacia)
- Bug Repellent (Badger, All Terrain)
- Digestive Bitters (Urban Moonshine)
- Energy (Numi, Gaia, Guayaki)
- Essential Oils (Everyone, Aura Cacia)
- Homeopathy (Boiron)
- First Aid (All Terrain, Gaia)
- Poison Oak (All Terrain, Herb Pharm)
- Sanitizing Gel + Wipes (Everyone, Dr. Bronner's)
- Stress Response (Gaia, Bach, Wish Garden)
- Sunscreen (All Good, Badger, Burn Out)
- Supplements (Gaia, Wish Garden)
- Wellness Shots (Numi)

Food

This power is at the tip of your fork and in your shopping cart.

- Beans (Army's Eden, Bulk)
- Chips (RW Garcia)
- Crackers (Annie's, RW Garcia, Mary's)
- Easy Meals (Annie's, Everyday Dal, Lotus Foods, Mike's Organic Curry)
- Jam (Artisana, Cadia, Crofter's, Field Day)
- Nut Butters (Cadia, Maranatha, Once Again)
- Pasta (Annie's, Ancient Harvest, Bionatura, Field Day, Bulk)
- Ramen (Lotus Foods)
- Seasonings/Spices (Simply Organic, Bulk)
- Soup (Amy's, Cadia, Pacific Foods, Patagonia Provisions)

Snacks

Eating organic helps reduce your body's total toxic burden.

- Bars (Navitas, Clif, Go Macro, Go Raw, Made Good, Nature's Path)
- Cereal/Granola (Nature's Path, Cadia, Ezekiel, One Degree)
- Chocolate (Alter Eco, Equal Exchange, TCHO, Theo)
- Dried Fruit (Annie's, Navitas, Bare, Peeled)
- Seeds/Nuts (Navitas, Eden, Go Raw, Living Intentions, Patagonia Provisions, Bulk)
- Superfoods (Navitas)

Beverages

USDA Certified Organic applies to beverages. No need for chemicals, additives, fillers, and preservatives.

- Coffee (Equator)
- Kombucha (Brew Dr, GTS, Health Ade, Revive)
- Energy Shots (Guayaki)
- Drinks (Rebbl, Urban Remedy)
- Sparkling Mate (Guayaki)

Many of these organic products can be delivered to your door plus guaranteed savings from Thrive Market (thrivemarket.com)