

# Kitchen

## ECO-FRIENDLY CHECKLIST

- ☒ Natural scrubber (coir fibre scrubber)
- ☒ Natural all-purpose cleaner (Vinegar/citrus)
- ☒ Natural dish liquid (Bioenzyme/soapnut liquid)
- ☒ Bar soap
- ☒ Segregated waste bins
- ☒ Reusable dish cloths/napkins
- ☒ Reusable food storage bags

# Personal hygiene

## ECO-FRIENDLY CHECKLIST

- ☒ Bamboo toothbrush
- ☒ Organic tooth powder/tabs
- ☒ Bar soap, shampoo and conditioner
- ☒ Safety razors/bamboo razors
- ☒ Natural shaving round/gel (aloe gel)
- ☒ Natural aftershave (coconut oil, aloe gel)
- ☒ Bamboo/cotton face towels
- ☒ Cotton menstrual pads
- ☒ Menstrual cups

x x x x x x

# Nursery

## ECO-FRIENDLY CHECKLIST

- ☐ Cloth diapers
- ☐ Reusable cloth wipes
- ☐ Thrifted/second hand clothing
- ☐ Soft cotton/linen clothing
- ☐ All natural baby lotion/shampoo/wash
- ☐ Glass bottles



# Laundry

## ECO-FRIENDLY CHECKLIST

- ☐ Soap nuts(Reetha) if they are local to you
- ☐ Soapnut liquid or any plant-based detergent
- ☐ Run washing machine on express/cold cycle
- ☐ Air dry clothes if possible
- ☐ Wash clothes less often