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## Your Household Guide to Greener Solutions

Difficulty Scale ♥ 1: Easy 2: Medium 3: Difficult

Category	Product	Alternative	Difficulty	Tips from Jilly
B A B Y / C H I L D	Diapers	<a href="#">Cloth Diapers</a>	3	Honestly, I'm struggling with this right now. I haven't switched yet!
	Baby Wipes	DIY Wipes	3	DIY Wipes on Pinterest - Water, essential oils, container, etc. I've only ever done this once and haven't done it again. But it's possible!
	Baby Body Wash	<a href="#">Unwrapped life</a>	2	Buy in bulk or zero waste stores. Support brands that let you bring container back.
	Baby Body Wash	<a href="#">Everyone Brand</a>	2	Make sure the container is recyclable!
	Toys	Thrift/Share/Hand-me-downs	1	Thrift your toys and share with friends!
	Clothes	Buy Recycled Clothing	1	
	Clothes	Thrift/Share	1	
B A T H R O O M	Shampoo/Conditioner/Body Wash	<a href="#">Unwrapped life</a>	2	Support brands with sustainable packaging
	Shampoo/Conditioner/Body Wash	<a href="#">Everyone Brand</a>	2	Bring the container to your zero waste store
	Razors	Reusable Razors	1	Get just the blades and do not buy disposable. Expert level - get blades sharpened
	Skin Care	<a href="#">Unwrapped life</a>	2	Think about how the product was created and how you'll dispose of the packaging once you're done with the product.
	Skin Care	<a href="#">Lush</a>	2	
	Make Up	<a href="#">Elate Cosmetics</a>	2	Recyclable/reusable packaging
	Make Up	<a href="#">Ecco Bella</a>	2	Biodegradable and refillable options
	Make Up	<a href="#">Dirty Hippie</a>	2	Sustainable packaging
	Hairspray/Dry Shampoo	Non-aerosol Brands	1	You can recycle empty aerosol but it is still hard on ozone layer
	Hairspray/Dry Shampoo	<a href="#">Klorane</a>	2	
	Hairspray/Dry Shampoo	DIY Dry Shampoo	3	Experiment with recipes on Pinterest
	Tampons	Paper Applicators	1	
	Tampons	<a href="#">Diva Cups</a>	2	Note that there are multiple sizes
	Tampons/Pads	<a href="#">Knix Underwear</a>	2	Leakproof underwear
	Tampons/Pads	<a href="#">Thinx Underwear</a>	2	Underwear made with period proof tech
	Pads	<a href="#">Hannah Pad</a>	2	Organic cloth pad
	Tampons	<a href="#">Organic Cotton Tampons</a>	1	Applicator free
	Plastic Toothbrush	<a href="#">Wooden Toothbrush</a>	1	
	Toothpaste	<a href="#">Wastefree Toothpaste Tabs</a>	1	
	Makeup Remover Pads	<a href="#">Reusable Cloth Pads</a>	1	Throw them in your regular laundry load
Shaving Cream	DIY Shaving Oil	2	Try new recipes on Pinterest	

F O O D  P A C K A G I N G	Coffee Beans	Bulk Coffee Grounds	1	Use reusable container with coffee grounds at the store
	Produce Clamshells	Shop at your local market	3	All berries at the store come in clam shells, except the local market. If you do buy, be diligent in recycling the clam shells
	Coffee Creamer	Struggling to find a solution	3	Containers are recyclable but not zero waste
	Cream Cheeses/Nut Cheeses	Make your own reusable container	3	Containers are recyclable but not zero waste
	Potato Chips Bags	Almost impossible to not get	3	Recycle at your local depot
	Tortilla Wraps	Almost impossible to not get	3	Recycle at your local depot
	Bread	<u>Use reusable bag - Gogo Bags</u>	2	Go to bakery to get bread without plastic. If buying bags, can they be recycled?
	Dried Goods	Macaroni, spices, nuts	1	Go to Bulk Barn with reusable containers. Write the weight on bottom of container with sharpie, usually lasts 4 washes!
	Tofu	Local zero supply store	2	They usually one have one flavour. Bring your reusable container!
	Cheese	Local zero supply store	3	There is not much available. Bring your own reusable container!
Crackers	Almost impossible to not get	3	Option: Make cracker alternatives!	
K I T C H E N	Plastic Wrap	<u>Goldilock Wraps</u>	1	Many options, they are all super easy to use.
	Plastic Wrap	<u>Hiveology</u>	1	
	Plastic Wrap	<u>Silicone Reuseable Lids</u>	1	
	Plastic Wrap	<u>Abeego</u>	1	
	Plastic Wrap	<u>Super Bee</u>	1	
	Cans/Bottles	Recycle Your Cans	1	Sign up for direct deposit at the depot and simply drop them off!
	Aluminum Foil	<u>Silicone Baking Mats</u>	1	
	Dish Washer Detergent	Fill up at zero waste store	2	Reuse your container and buy powdered detergent at your zero waste store
	Dish Washer Detergent	<u>DIY Dishwasher Detergent</u>	2	Try new recipes on Pinterest
	Cupcake Liners	<u>Silicone Baking Cups</u>		
	Ziploc Bags	Glass/Metal Containers	1	
	Ziploc Bags	<u>Wild Roots &amp; Co.</u>		
	Ziploc Bags	<u>Stasher</u>	1	
	Ziploc Bags	<u>Lunch Skins</u>	1	
	Ziploc Bags	<u>Chico Bag</u>	1	
	Freezer Bags	<u>HP Day</u>	2	Glass/metal/tubberware containers
	Straws	<u>Glass Straws</u>	1	This should be non-negotiable. If you need a straw, use glass!
Plastic Containers	Mason Jars or Glass Jars	1	I always store bulk items (cashews, almonds, flour, sugar) in jars to eliminate the amount of plastic in my house	
K-Cups/Coffee Filters	<u>Reuseable Coffee Filters</u>	1	Research how to make your daily coffee zero waste	

O R G A N I C  M A T T E R	Veggie Scrap Waste	Pasta Sauces	1	<a href="#">Try my sneaky veggie pasta here!</a>
	Veggie Scrap Waste	Soups	1	
	Veggie Scrap Waste	Compost (veggies, eggs, fruits, coffee grinds)	3	<a href="#">Read my blog on The Dirt of Composting for Beginners</a>
	Veggie Scrap Waste	<a href="#">My DIY Veggie Stock</a>	1	Save your veggie scraps in the freezer and create your own veggie stock!
	Fruit Scrap Waste	Smoothies	1	Get creative with your smoothies!
	Coffee Grounds & Eggs Shells	Compost	3	An easy way transition your coffee to zero waste
	Plastic Bagged Leaves	Don't Use a Bag		Why are we putting organic material in a plastic bag? It will never break down. Empty that into your green bin!
Dog Poop Bags	<a href="#">Biodegradeable Bags</a>		If you must use a bag, ensure it's a biodegradable bag!	
S H O P P I N G	Produce Bags	Any bag you have at home	1	Put all your bags in one place so it's easy to grab!
	Produce Bags	<a href="#">Market Bags</a>	1	They have such cute designs to choose from
	Produce Bags	<a href="#">Better Farm Co.</a>	1	
	Produce Bags	<a href="#">Bag Podz</a>	1	
	Produce Bags	<a href="#">Cotton Mesh Produce Bags</a>	1	
	Plastic Water bottles	Reusable Bottles/Mugs	1	Get into habit of using your own bottles
	Plastic Water bottles	<a href="#">Yeti Bottle/Mug</a>	1	Bonus - keeps your drink cold or warm!
	Clothes	Thrifting/Clothing Swap	2	Go thrifting, or host a clothing exchange with your friends!
	Clothes	Buy recycled clothing	1	<a href="#">Check out our blog on 15 sustainable clothing companies!</a>
Online Shopping	Be package conscious	2	Buy from brands that you know use recyclable or very minimal packaging	
C L E A N I N G	Garbage Bag	Don't use a bag	2	Rinse your bin out or use containers/bags for garbage instead of a bag
	Garbage Bag	<a href="#">Biodegradeable Bags</a>	2	Garbage bags take a long time to decompose, so even if we are using biodegradable products they won't decompose in regular bags!
	Dryer Sheets	<a href="#">Saje's Wool Dryer Ball Set</a>	1	Bonus - your clothes naturally smell amazing from the essential oils!
	Paper Towel	Cloths	1	Start by using clothes you already own!
	Paper Towel	<a href="#">Wild Roots &amp; Co.</a>	1	Reusable Towels
	Paper Towel	<a href="#">Microfibre scrubbing Sponge</a>	1	
	Paper Towel	<a href="#">Machine Washable Reusable Towels</a>	1	
	Kitchen Sponge	<a href="#">Skoy - Earth Friendly Cloth</a>	1	
	Kitchen Sponge	<a href="#">Microfibre sponges</a>	1	
	Cleaning Supplies	DIY	1	Try new recipes on Pinterest
	Surface & Glass Cleaner	<a href="#">Saje's Glistening Glass Citrus</a>	1	These products work so well and smell amazing!
	Tub & Tile Cleaner	<a href="#">Saje's Bathroom Bright Renewing</a>	1	
	All Purpose Cleaner	<a href="#">Saje's Multi-Clean Invigorating</a>	1	
Toilet Paper		3	We need options with less packaging!	
Laundry Detergent	Refill at your local zero waste store	2		