



Back to School Checklist

from conventional to conscious

Body

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

- Bar Soap (Dr. Bronner's, Plantlife, River Soap)
- Blemish Control (Acure)
- Cotton Balls, Pads, Swabs (Swisspers)
- Dental Floss (Radius, Tom's)
- Deodorant (EO, Alaffia, All Good)
- Face Mask (Acure)
- Face Wash (Acure, Dr. Bronner's, Evan Healy)
- Hand Sanitizer (Everyone, Dr. Bronner's)
- Hair Styling Products (Everyone, John Masters)
- Hand & Body Lotion (Acure, Everyone, Alaffia, Weleda)
- Lip Balm (Dr. Bronner's)
- Make Up (Dr. Hauschka)
- Mouthwash (Tom's)
- Period Products (Natracare, Party in My Pants)
- Razor (Bulldog Bamboo Razor)
- Scrub (Acure)
- Serum (Acure, Evan Healy)
- Shampoo + Conditioner (Acure, Everyone, Alaffia)
- Shave Cream & Gel (Dr. Bronner's)
- Shower Gel/Liquid Soap (Acure, Dr. Bronner's, Everyone)
- Toner (Evan Healy)
- Toothbrush (My Magic Mud, Radius)
- Toothpaste (Dr. Bronner's, Jason, My Magic Mud, Radius)
- Travel Bag (Maika)

Beverages

USDA Certified Organic goes for beverages as well. No need to add chemicals, additives, fillers, and preservatives to you daily diet.

- Coffee (Equator)
- Kombucha (Brew Dr, GTS, Health Ade, Revive)
- Juices (Rebbl, Urban Remedy)
- Tea (Numi)
- Sparkling Mate (Guayaki)

Clean

Check out effective cleaning products made with non-toxic, biodegradable, and renewable resources.

- Compost Pail (Natural Home)
- Dish Soap (Dr. Bronner's, Biokleen, Ecover)
- Disinfectant (Seventh Generation)
- Glass + Surface Cleaner (Greenshield Organics, Vinegar/Water)
- Hand Sanitizer (Dr. Bronner's, Everyone)
- Laundry (Dr. Bronner's, Greenshield Organics, Ecos, Ecover)
- Non-Chlorine Bleach (Seventh Generation, Earth Friendly Products)
- Scouring Powder/Cream (Bon Ami, Ecover)
- Soap Nuts (Four Nuts by Nature)
- Toilet Bowl Cleaner (Ecover, Seventh Generation, Vinegar/Water)
- Toilet Paper (Natural Value, Seventh Generation)
- Wipes (Greenshield Organic)

Wellness

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

- Aromatherapy (Pranarom, Aura Cacia)
- Bug Repellent (Badger, ParaKito, All Terrain, Quantum)
- Digestive Bitters (Urban Moonshine)
- Essential Oils (Aura Cacia)
- First Aid (All Terrain, Gaia)
- Poison Oak (All Terrain, Herb Pharm, Moon Valley Organic)
- Sanitizing Gel + Wipes (Everyone, Dr. Bronner's)
- Skin Food (Weleda)
- Stress Response (Gaia, Bach, Wish Garden)
- Sunscreen (All Good, Badger, Burn Out, Mad Hippie, Evan Healy)
- Supplements (Gaia, Wish Garden)

Zero Waste

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

- Coffee Tumbler (Klean Kanteen, U-Konserve)
- Food Containers (Klean Kanteen, To-Go-Ware, Eco Lunchbox)
- Bags (Chicobag, Ecobags)
- Wraps (Bee's Wrap)
- Sandwich Wraps (Bee's Wrap, Stasher)
- Straws (Klean Kanteen, U Konserve)
- Utensils (To-Go-Ware, Bambu)
- Water Bottle (Klean Kanteen, U-Konserve)

Food

This power is at the tip of your fork and in your shopping cart. Fresh, local, organic are attributes we prioritize.

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

Snacks

Eating organic helps to reduce your body's total toxic burden. Look for the USDA organic seal

- Bars (Navitas, Clif, Go Macro, Go Raw, Nature's Path)
- Cereal/Granola (Ezekiel, Nature's Path, 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, Amazing Grass)
- Veggie Chips (Lydia's, Rhythm)



GOOD EARTH
ORGANIC & NATURAL FOODS

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