

## Complete Shopping Guide

This is the section to consult when you want to know what to do when shopping for a particular item, but don't have time to worry about the why.

Read on for a concise list of what to buy—and what not to.

### HOME AND GARDEN

#### Bathroom

- Reusable toilet brush instead of disposable/flushable cloths

- Toilet paper

  - Giant toilet paper rolls instead of single rolls

  - Toilet paper made with recycled content

- AVOID automatic toilet bowl cleaner tank tablets

#### Cleaning products

Choose highly concentrated, plant-based cleaning products for:

  - All-purpose cleaner

  - Dishwashing detergent

  - Furniture polish

  - Laundry detergent

Ingredients to make your own

  - White vinegar

  - Baking soda

  - Borax

  - Lemon juice

  - Olive Oil

  - Salt

  - Hydrogen peroxide

  - Castile soap

  - 70% rubbing alcohol

  - Dried herbs: lavender, basil, rosemary

  - Essential oils: lavender, cinnamon, clove, orange, eucalyptus

Ingredients to AVOID in commercial cleaners

  - Chlorine Bleach (sodium hypochlorite)

  - Ammonia

  - Formaldehyde (formalin, urea formaldehyde, phenol formaldehyde)

  - Hydrochloric acid (HCL, hydrogen chloride)

  - Nonylphenol ethoxylates (NPE)

  - Lye (sodium hydroxide, caustic soda)

Cleaning tools

  - Feather duster, not disposable dusting sheets

  - Reusable toilet brush instead of disposable/flushable cloths

  - Reusable cleaning rags instead of paper towels

Paper towels made with recycled content

### **Lighting**

Compact fluorescent lights (CFL)

Light emitting diode (LED) lights

### **Outdoor garden & landscaping**

Lawncare and gardening

Native plants and flowers

Drought-resistant plants

Organic or natural fertilizer instead of synthetic or chemical fertilizer

Outdoor Lighting

CFL or LED security lights

Motion-sensor security or porch lights

## **FOOD AND DRINK**

### **Grocery Shopping**

Applesauce

Bulk, not individually-packaged

Organic

Unsweetened

Baked goods

From bakery instead of pre-packaged

Beans

Dry, not canned

Beef

Grassfed not grain fed

Organic

Locally raised

Ground turkey instead of ground beef

Beer

Local microbrew

Domestic instead of imported

Organic

Bread

Supermarket-baked, not sliced

Cheese

Block, not sliced or shredded

Chicken

Whole instead of boneless, skinless

Organic

Free-range

Coffee

Fair Trade

Organic

Condiments

Glass jars not plastic containers

Eggs

Organic

Fish

Flash-frozen not fresh

Wild-caught not farmed

Sustainable

Flour

Whole wheat

Organic

Fruits and vegetables

Seasonal instead of out-of-season

Local instead of trucked-in

Fresh or frozen, not canned

Organic

Minimal packaging

AVOID added sugar (if canned)

Whole, not pre-cut

From farmer's market

Herbs

Live, potted instead of fresh, pre-cut

Hot cocoa mix

Milk, sugar and unsweetened cocoa instead of pre-packaged

Juice

Frozen concentrate

Fresh, not-from-concentrate

AVOID individually packaged drink boxes, pouches, and bottles

Meats

Locally-raised, organic, grass fed

Ground turkey instead of ground beef

(Optional) Tofu instead of, or in addition to, animal

Milk

One-gallon instead of half gallon

Organic

(Optional) Soy instead of, or in addition to, cow

Salmon

Wild not farmed

Snacks

Bulk, not individually-packaged

Soft drinks

Aluminum cans, not plastic bottles

Natural

Tea

Organic  
Fair Trade

**Tofu**

Use as replacement for poultry, pork, beef, and other animal products

**Turkey**

Organic  
Ground turkey instead of ground beef

**Wine**

Organic or made from organically grown grapes  
Local  
Domestic instead of imported

**Yogurt**

Bulk, not individually-packaged  
Organic

**Ingredients to AVOID in food products**

High-fructose corn syrup  
Sugar substitutes  
Enriched white flour  
Trans-fats

**Food Storage**

Reusable glass containers instead of disposable ones  
AVOID plastic zipper bags and baggies

**Waste-free lunch**

Reusable lunchbox, canvas bag, or backpack instead of disposable bag  
Reusable thermos instead of disposable drink box, pouch, or plastic bottle  
Cloth napkin instead of paper napkins or paper towels  
Actual silverware instead of plastic forks and spoons  
Reusable sandwich container or washable wrap instead of baggies  
Reusable containers instead of throw-away containers or bags

**Eating Out**

**Restaurants**

Mom-and-pop restaurant instead of a chain  
Local  
Organic  
Vegetarian

**Leftovers**

Bring your own to-go container

**How to order**

Split an entree  
Tap water, not bottled  
Vegetarian

**How to order a vegetarian entree**

If you usually order...	Try, instead
Chinese	

	Mu shu pork	Mu shu vegetables
	Orange chicken	Sweet and sour tofu
	Egg rolls	Vegetarian egg rolls
	Pork potstickers	Veggie dumplings
Italian		
	Meat lasagna	Vegetable lasagna
	Chicken parmesan	Eggplant parmesan
	Spaghetti bolegnese	Pasta marinara
	Pepperoni pizza	Pizza with olives and onions
	Chicken ravioli	Mushroom ravioli
Japanese		
	Shrimp tempura	Vegetable tempura
	California roll	Avocado roll
Mexican		
	Meat fajitas	Veggie fajitas
	Enchilada w/meat	Cheese enchilada
	Chicken quesadilla	Grilled vegetable quesadilla
	Beef burrito	Vegetable burrito
	Taco salad with meat	Taco salad with grilled veggies
	Nachos with meat	Nachos with cheese
American		
	Chili	Vegetarian chili
	Cheeseburger	Grilled cheese and tomato or veggie
	burger	
	Ham & cheese omlette	Mushrooms, peppers &
cheese omlette		
	Steak sandwich	Grilled vegetable sandwich

## **BABIES**

Books

Used not new

Bottles

Glass, not plastic

Clothing

Secondhand not new

Organic cotton

Diapers

Cloth not disposable

Hybrid diapers (reusable cloth diaper with disposable liner)

Toys

Wood or cloth, not plastic

Wipes

Washable cloths

Refill packages not dispensers

## **KIDS**

Books

Used not new

Clothing

Secondhand not new

Organic cotton

Games

Board games instead of video games

Used video games instead of new video games

## **PETS**

Cage padding

Coconut husk substrate instead of redwood bark or wood chips

Cat litter

Plant-based instead of clay-based or silica-based

Collar

Hemp not leather or nylon

Dog bones

Real marrow bones instead of rawhide or nylon bones

Flea deterrent

Natural flea and tick repellent tablets

Food

Vegetarian

Medications

In bulk, online instead of from vet

Pet bed

Made with polyester spun from recycled plastic bottles

Scratching pad

Recycled not carpeted

Shampoo

Non-toxic, biodegradable pet shampoo

Toys

Made from recycled materials instead of plastic or polyester fabric

Waste bags

Compostable dog-waste bags

## **SCHOOL/ COLLEGE**

Books

Used instead of new

## Computer

- Laptop not desktop

## Pens & pencils

- Recycled content pens

- Forest Stewardship Council- (FSC) certified wood,

- Recycled paper or recycled wood

- Refillable mechanical pencils

## Paper

- 100% post-consumer recycled copy paper, notebooks, and lined paper

## **WORK**

### **Breakroom**

#### Coffee

- Fair Trade

- Organic

#### Water

- Faucet or pitcher filter, not bottled

#### Supplies

- Buy in bulk

- Washable or compostable cups, utensils, plates, and bowls

- Napkins with recycled content

- Cream and sugar in bulk, not individually wrapped

### **Lighting**

- T-8 fluorescent ballasts

- Compact fluorescent lamps (CFL)

- Light emitting diode (LED) lights

### **Office supplies**

#### Data Storage

- DVD's not hard drives

#### Powerstrips

#### Software

- Downloadable, not on disk

#### Copy paper

- Buy in bulk

- 100% post-consumer recycled paper

#### Printer/copier ink

- Refillable

## **ELECTRONICS AND ENTERTAINMENT**

### Batteries

Rechargeable not single-use, disposable

#### Movies

Buy used

Rent movie downloads or use mailbox delivery service

Watch online

#### Music

Download music instead of buying CDs

Use free online streaming

#### Magazines & Newspapers

Read or subscribe to online version instead of paper version

#### Phone

Music player and phone combo, instead of phone that doesn't play music

Cell phone with recycled components

#### Powerstrip

#### Video games

Buy used instead of new

## **HEALTH AND FITNESS**

### **Health**

#### Antibiotics

AVOID unless there is a bacterial infection

#### Feminine hygiene products

Reusable menstrual cup instead of disposable products

#### Ingredients to avoid eating:

High-fructose corn syrup

Sugar substitutes

Enriched white flour

Trans-fats

#### Menopause treatment

Eastern therapy instead of hormone replacements

#### Smoking cessation

Hypnotherapy instead of gum or patches

#### Vitamins

Multivitamin instead of individual ones

### **Fitness**

#### Home gym

Resistance bands

Foam roller

Yoga mat made from natural materials like jute, not vinyl

Resistance ball

## **FASHION AND BEAUTY**

### **Fashion**

#### “Good” fabrics

- Cotton
- Organic cotton
- Recycled polyester
- Tencel
- Bamboo
- Hemp

#### Indulge in moderation

- Corn-based polyester
- Silk
- Wool
- Cashmere
- Organic wool

#### Fabrics to AVOID if possible

- Anything that states Dry Clean Only
- Polyester
- Rayon
- Nylon
- Vinyl
- Leather
- Pleather
- Spandex
- Fur

### **Beauty**

#### Ingredients to make your own beauty products:

- Body Scrub
  - Cold-pressed sweet almond oil
  - Kosher salt
  - Rosemary or neroli essential oil
- Facial scrub
  - Whole unbleached almonds
  - Raw oats
  - Honey
  - Organic yogurt
- Lip exfoliant
  - Honey

- Raw turbinado sugar
- Olive oil
- Face mask
  - Avocado
  - Yogurt
  - Honey
- Facial oil
  - Jojoba oil
  - Grapeseed oil
  - Vitamin E capsules
  - Lavender oil
- Body cleanser
  - Soap instead of body wash
  - Washcloth instead of loofah
- Facial products
  - USDA certified organic
- Fragrance
  - Organic essential oils instead of synthetic name-brand
- Hair dye
  - At-home kit instead of salon dye job
- Lipstick
  - Petroleum and paraben-free
- Nail polish
  - Phthalate-free instead of standard
- Razor
  - Electric instead of disposable

What to look for in beauty products:

- Plant-based extracts
- Essential oils
- Cruelty-free
- Ecocert
- USDA Organic
- Organic Consumers Association (OCA)

Labels to question

- Biodegradable
- Natural
- Botanical
- Eco-friendly
- Earth-friendly
- Environmentally friendly
- Green
- Organic (if not accompanied by a certification)

What to AVOID in beauty products:

- Antibacterial soaps (triclosan)

- Phthalates (including the acronyms DEP, DEHP, DBP, BBP, DIDP, DINP, or DNOP)

- Dyes and preservatives

- Petroleum byproducts (petrolatum, mineral oil, paraffin, and propylene glycol)

- Parabens (methylparaben, ethylparaben, propylparaben or butylparaben)

## **TRANSPORTATION & TRAVEL**

### **Transportation**

- Fuel

  - Regular octane (low-grade) —unless your vehicle calls for “premium fuel only”

  - Bio-diesel instead of petroleum diesel

### **Travel**

- Camping gear

  - Used instead of new

  - Hand-crank flashlight

  - Sleeping bag

    - Made from hemp or organic cotton

    - Filler made from recycled materials

  - Insect repellent

    - Made from natural ingredients

      - Cedar

      - Citronella

      - Lemongrass

      - Rosemary

      - Geranium

    - AVOID DEET

  - Solar oven

- Luggage

  - Vintage or used instead of new

  - Eco-friendly instead of PVC plastic, virgin nylon, polyester, conventional leather

- Souvenirs

  - Locally made crafts instead of mass-produced tchotchkes

- Toiletries

  - Refillable travel-size bottles instead of disposable travel-size toiletries

## **CELEBRATIONS**

### **Non-stuff gifts**

- Tickets

- Amusement parks
- Movies
- Live theater
- Sporting events
- TV show tapings
- Museums
- Concerts
- Zoos/Aquariums
- Gift certificates
- Restaurants
- Arcades
- Golf course
- Pottery studios
- Day spas
- Pilates
- Yoga
- Classes and lessons
- Art
- Cooking
- Language
- Fashion design
- Martial arts
- Music
- Sports
- Dance
- Horseback riding
- Rock climbing
- Surfing
- Skydiving

### **Kids party**

#### Food

- Fruit juice or bubbly water instead of punch or soda
- Cut fruits and veggies instead of little hot dogs or pizza bites
- Air-popped popcorn and pretzels instead of potato chips and cheese puffs
- Make-your-own trail mix instead of loose candy
- Make-your-own burritos
- Pita-bread pizzas instead of pizza delivery
- Homemade birthday cake or cupcakes instead of store-bought

### **Holidays**

#### Valentine's Day

- Fragrance made from essential oils, not perfume
- Organic roses

- Fair Trade chocolate in a recyclable box
- Recycled paper Valentines
- Vintage or pre-owned jewelry

#### Easter

- Fair Trade baskets
- Shredded paper instead of plastic grass
- Ingredients for natural egg dye
  - Tumeric
  - Red wine
  - Red cabbage
  - Blueberries
  - Spinach
  - Yellow onions
- Fruits and nuts instead of candy
- Candy
  - Sweetened with fruit juice
  - Fair Trade and/or organic chocolate
  - AVOID artificial colors and flavors

#### Mother's Day

- Organic flowers
- Fair Trade and/or organic chocolate
- Homemade spa treatment
- Organic wine or champagne
- Soy or beeswax candle

#### Father's Day

- Vintage gifts
- Homemade gifts
- Eco-gadgets
  - Hand-crank flashlight
  - Solar-powered cell phone charger
  - Solar oven

#### Halloween

- Vintage costumes
- Reusable decorations
- Wind-up or shakable flashlight instead of glow sticks
- Reusable canvas bag instead of a pumpkin pail
- Organic candy instead of supermarket candy

#### Thanksgiving

- Organic wine
- Natural decorations
  - Dried corn
  - Gourds
  - Pumpkins
  - Maple leaves

10-lb turkey instead of 22-lb turkey

Christmas

Live or living tree instead of artificial tree

LED miniature holiday lights instead of incandescent miniature holiday lights

Soy candles instead of paraffin wax candles

Reusable advent calendar instead of a single-use disposable advent calendar

Wrapping paper made from recycled paper instead of high-end wrapping paper

“Experience gifts” instead of material gifts or “things”

New Year’s

Organic champagne or organic domestic sparkling wine