ALL THINGS GREEN LIVING

ONE SWAP AT A TIME

A simple home swap checklist for making changes without trying to overhaul everything at once.

You do not need to "detox" your entire house this weekend.
Start with the next thing you run out of. Choose one swap, use it, see how it works for your home, then move on to the next.

CLEANING

- ■ All-purpose cleaner
- ■ Glass / mirror cleaner
- ■ Bathroom cleaner
- ■ Dish soap
- ■ Floor cleaner

LAUNDRY

- ■ Laundry detergent
- ■ Fabric softener
- ■ Dryer sheets
- ■ Stain remover
- ■ Bleach / whitener

PERSONAL CARE

- ■ Hand soap
- ■ Body wash
- ■ Shampoo / conditioner
- ■ Lotion
- ■ Deodorant

HOME

- ■ Air freshener / room spray
- ■ Candles / fragrance
- ■ Food storage
- ■ Paper / disposable products
- ■ Another everyday item

MY NEXT SWAP

Next thing I'm replacing: _____

What I'm replacing it with: _____

Why I chose it: _____

What I noticed after using it: _____

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Small changes add up. Choose what works for your home, your budget, and your life.

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LET'S TACKLE THE KITCHEN

Not everything needs replacing. Some things need matching, tossing, using up, donating, or finally admitting we have not touched them in three years. ;)

Pick one cabinet, drawer, shelf, or category.
Check dates, check condition, keep what serves you, donate what someone else can use, and replace only what actually needs replacing.

CONTAINERS & STORAGE

- ■ Mismatched containers & lids
- ■ Cracked, stained or warped containers
- ■ Food-storage bags, wraps & foil
- ■ Reusable bags
- ■ Water bottles & travel cups

COOKWARE & DISHES

- ■ Scratched / damaged nonstick cookware
- ■ Old or warped pots & pans
- ■ Duplicate gadgets & utensils
- ■ Chipped mugs, plates & bowls
- ■ Cracked or damaged glassware

PANTRY CHECK

- ■ Spices & seasonings
- ■ Condiments & sauces
- ■ Canned goods & jars
- ■ Baking ingredients
- ■ Oils, vinegars & dressings

THE BIG THREE

- ■ What's expired or no longer good?
- ■ What can we use up soon?
- ■ What's still good enough to donate?
- ■ What do I own multiples of?
- ■ What have I honestly never used?

MY KITCHEN ACTION LIST

Use up first: _____

Donate: _____

Replace next: _____

One area I'm tackling first: _____

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Simpler. More intentional. One little corner at a time.