



# Kitchen Inspector Checklist

The items on this list pose potential hazards to your health and wellness, or are items of concern. While your working towards a healthier lifestyle and a balanced hormonal health, let's spend some time making sure our kitchen support our goals, rather than undermine them!

Go through your kitchen carefully and check off the items that you have. Don't worry if you have a lot of them - we all do! We'll focus on the worst offenders and how to best move away from using them.

- non-stick cookware (pots, pans, muffin tins, etc)
- self-cleaning oven
- plastic tupperware style containers (including take out containers, etc)
- plastic cooking utensils - ladles, spatula, pasta scoop, pasta strainer, etc
- plastic straws, eating utensils, etc
- plastic reusable bottles or plastic lined insulated coffee mugs
- plastic plates, cups, etc (including melamine plates)
- ziplock bags, saran wrap, etc
- microwavable meals
- microwave popcorn
- food packed in plastic - ketchup, peanut butter, etc
- canned food of any kind, including sodas or beer
- non-organic meats
- non-organic dairy
- conventionally grown produce
- conventional cleaning products (bleach, abrasives with bleach, drain cleaner, oven cleaner, dish soap, dishwashing detergent, any spray cleaners, etc)
- poor ventilation (no windows)



# CLEAN KITCHEN RESOURCE GUIDE

## Healthy Alternatives to Conventional Kitchen Items

### COOKWARE

Cast Iron & Enameled Cast Iron:

[Lodge](#)

[Le Creuset](#)

[Cuisinart](#)

[Heuck](#)

Stoneware:

[Corningware](#)

[Emile Henry](#)

[Le Creuset](#)

[The Pampered Chef](#)

Glass:

[Pyrex](#)

Stainless Steel:

[All Clad](#)

[Cuisinart](#)

### UTENSILS

[Bamboo/Wooden](#)

[Stainless Steel](#)

[Silicone Coated Stainless](#)

### PLASTICS

Glass Food Storage:

[Ball Mason](#)

[Reused Glass Jars](#)



## KITCHEN CLEANERS

[EWG's Guide to Healthy Cleaning Database](#)

Non-Antibacterial Dish Soap:

[Better Life](#)

[Seventh Generation - Free & Clear Products \(Unscented\)](#)

Oven Cleaners:

[Baking Soda](#), time & patience!

All Purpose Cleaners:

[Top products](#) from EWG's Guide to Healthy Cleaning Database

Make Your Own!

## PANTRY

[Eden Organics Canned Beans](#)

[Native Forest Coconut Milk](#)

[Dried Beans](#)

## FOOD ITEMS

[Dirty Dozen](#)

[Environmental Defense Fund - Seafood Selector](#)

## WATER

[Detox Domain: Toxic Tap](#)

[Pure Air Clean Water - Jim McMahon](#)

[EWG's Water Database](#)



## SIMPLE D.I.Y. KITCHEN CLEANERS

We are a society of germaphobes - plain and simple. We are obsessed with cleanliness. Anti-bacterial soaps and harsh chemical cleaners have become standard fare as manufacturers have used scare tactics to pressure us into buying their products. Thankfully, we don't have to get sucked into using sprays, and scrubs that are harmful to our health! With a little ingenuity and some elbow grease, we can make and keep our homes perfectly clean using safe, affordable, effective and easy to make DIY cleaners.

Using non-toxic cleaners can give you deep satisfaction in knowing that you're keeping your family safe in the best way possible, and that you're creating a home that's truly a safe haven.

The three fundamental ingredients for home cleaning are vinegar, lemon juice, and baking soda. Small amounts of plant-derived essential oils can be used to boost antibacterial properties of any of these cleaners.

**All Purpose Disinfectant** - Mix together 1 cup filtered water, 3/4 cup white distilled vinegar, 2 teaspoons rubbing alcohol, 8-10 drops essential oils of choice: (thyme, tea tree, lavender, oregano, clove, rosemary). Add to a new clean, unused spray bottle.

**Tile or Linoleum Floors** - Add 1/4 cup vinegar to a bucket of water. Add 5-10 drops of lemon, pine, spruce, and rosemary essential oils.

**Countertops** - For a mild abrasive, mix together baking soda and liquid soap until you have a consistency that works for the surface you're cleaning. Make only as much as you need as it does not keep well. Apply with a sponge and wipe off.

**Ovens** - Sprinkle water generously over the bottom of the oven, then cover the grime with enough baking soda that the surface is totally white. Sprinkle some more water over the top. Let the mixture set overnight. You can easily wipe up the grease the next morning because the grime will have loosened. When you have cleaned up the worst of the mess, dab a bit of liquid detergent or soap on a sponge, and wash the remaining residue from the oven.

**Microwave Ovens** - Make a paste of 3-4 tablespoons baking soda mixed with water, and using a sponge, scrub as needed. Rinse with a clean sponge.

**Cutting Boards** - It's not true that wood cutting boards harbor more germs than plastic ones. In fact, they've shown to have less germs than many plastic types. Disinfect either kind of cutting board by washing them with soap and water and then spraying them with a vinegar and/or hydrogen peroxide solution. Air dry. To remove stains, make a paste with baking soda, scrub with a sponge, and rinse.

**Sink Drains** - To degrease drains, pour 1/2 cup of baking soda down the drain followed by 1 cup vinegar. Let bubble for 15 minutes and then pour at least 1 quart of boiling water down the drain. For trouble drains, repeat or let the baking soda & vinegar sit overnight.



**Glass Cleaner** - Mix 1/4 to 1/2 teaspoon liquid detergent (like dish soap) with 3 tablespoons vinegar and 2 cups of water and pour into a spray bottle. Use newspaper instead of paper towels for a streak free shine. Or make a paste with baking soda and water, gently scrub, and rinse with water using a lint free cloth.