

Fertility-Friendly Swaps List

Here are safe, low-tox alternatives for everyday products in your home. **Remember: you don't need to do everything at once** — start small and build momentum.

Cleaning Products

Surface Spray	DIY: water + castile soap + few drops essential oil
Dish Soap	Fragrance-free like Dr Bronner's Castile Soap
Hand Soap	Fragrance-free like EcoStore's
Laundry Detergent	Plant-derived and phosphate-free like EcoStore's
Bathroom Cleaner	DIY: baking soda + vinegar

Kitchen & Cookware

Plastic containers	Glass jars, Pyrex, stainless steel
Non-stick pans	Cast iron, stainless steel
Plastic cutting boards	Wood or bamboo
Plastic utensils	Stainless steel, wood, silicon

Personal Care

Shampoo & conditioner	Sulfate-free, paraben-free like Everescents
Deodorant	Aluminum-free No Pong
Toothpaste	Fluoride-free like Grants
Moisturiser	Fragrance-free, paraben-free like Antipodes