FREE PRINTABLE · CHECKLIST

Natural Knows

30 Simple Natural Swaps

Small, cheap changes for the kitchen, the home and your body care. Tick one a week: no big clear-out needed.

1 Kitchen

- [ ] **Plastic wrap** → beeswax wraps or a plate on the bowl
- [ ] **Plastic tubs** → glass jars and containers
- [ ] **Paper towels** → washable cloths
- [ ] **Sugary drinks** → water with lemon, mint or cucumber
- [ ] **Bottled dressings** → olive oil, vinegar, salt, herbs
- [ ] **Flavoured yogurt** → plain yogurt + fruit
- [ ] **Store snacks** → nuts, fruit, roasted chickpeas
- [ ] **Non-stick worn pans** → cast iron or stainless steel
- [ ] **Instant noodles** → quick rice or oats bowls
- [ ] **Sweetened cereal** → oats with fruit and seeds

2 Home

- [ ] **Glass spray** → 1 part white vinegar + 1 part water
- [ ] **Scouring cream** → baking soda paste
- [ ] **Air fresheners** → open windows, simmer orange peel
- [ ] **Dryer sheets** → wool dryer balls
- [ ] **Strong all-purpose spray** → diluted castile soap
- [ ] **Plastic sponges** → cellulose sponges or brushes
- [ ] **Scented candles** → unscented or beeswax candles
- [ ] **Fabric softener** → a splash of vinegar in the rinse
- [ ] **Shoes inside** → a shoe rack by the door
- [ ] **Chemical drain gel** → drain cover + boiling water

How to use it: pick one swap a week, tick it, and write it in your plan on page 2. Ten weeks later, a third of the list is done without any big spend.

Start with what runs out

Swap a product when it is empty, not before. No waste, no extra cost.

Cheapest first

Vinegar, baking soda, bar soap and glass jars cost little and last long.

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Natural Knows

Body Care Swaps + My Plan

Ten swaps for the bathroom, then your own 10-week plan.

3 Body care

- [ ] **Foaming body wash** → a simple bar soap
- [ ] **Many-step routine** → cleanse, hydrate, protect
- [ ] **Scented lotion** → fragrance-free cream or shea
- [ ] **Makeup wipes** → oil cleanse + washable cloth
- [ ] **Harsh scrubs** → soft cloth or oat paste
- [ ] **Plastic cotton buds** → paper-stem buds
- [ ] **Disposable razor** → a safety razor
- [ ] **Lip balm in plastic** → balm in a tin
- [ ] **Heavy perfume** → a solid perfume, lightly
- [ ] **Late screens** → a book and dim lights at night

✓ My 10-week plan

Week	My swap	Done
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Safety first

- Never mix vinegar, ammonia or other cleaners with bleach: the fumes are dangerous.
- Vinegar can etch marble, granite and other natural stone: use mild soap and water there.
- Label every homemade cleaner and keep it out of reach of children and pets.
- New skin products: patch-test first. Allergies or a skin condition: ask a professional.