



27 Non-Toxic Swaps

The exact changes that brought calm and clarity back to our home

by Whitney Matthewson • Our Lantern



27 Swaps That Finally Let Us All Breathe Easier



1

Plastic play mat → **Little Bot Ofie Mat**

Foam puzzle mats off-gas VOCs and often contain formamide. The Ofie mat is 100 % non-toxic, rolls up easily, and has been our living-room floor for 18 months with zero issues.

→ ourlantern.us/recommends/ofie-mat

2

Conventional cleaner → **Sal Suds**

One bottle + water replaces every toxic spray. It's plant-based, super concentrated, and safe enough to wash pacifiers and high-chair trays.

→ ourlantern.us/recommends/sal-suds

3

“Fragrance” hand soap → **Whole Naturals Unscented Castile**

“Fragrance” hides phthalates. This EWG-verified, palm-oil-free castile is truly unscented and gentle on toddler hands.

→ ourlantern.us/recommends/wholenaturals-soap

4

Lysol spray → **Force of Nature electrolyzed water**

Kills viruses and bacteria with zero chemical residue – safe if my kid immediately licks the table (or just dilute some bleach).

→ ourlantern.us/recommends/force-of-nature

5

Teflon pans → **Lodge Cast Iron**

No forever-chemical coatings that flake into food. Seasoned cast iron is naturally non-stick and adds safe iron to our diet.

→ ourlantern.us/recommends/lodge-cast-iron

6

Plastic food storage → **glass or stainless**

Plastic leaches when heated or scratched. Glass and stainless keep food truly clean and last forever. Make sure you pick lead-free!

→ ourlantern.us/recommends/glass-storage

7

Conventional laundry detergent → **Molly's Suds**

Stripped surfactants and brighteners were too harsh. Four simple ingredients that actually clean and rinse fully clean.

→ ourlantern.us/recommends/mollys-suds

8

Dryer sheets → **Wool dryer balls**

Dryer sheets coat clothes with quaternary compounds. Wool balls soften naturally and cut drying time by 25 %.

→ ourlantern.us/recommends/wool-balls

9

Plastic drink cups → **Stainless Steel Cups**

Microplastics can enter the body when drinking from plastic, even if it's BPA free. These stainless ones passed Tamara Rubin's tests.

→ ourlantern.us/recommends/lead-safe-cups

10

Conventional diapers → **Ecoriginals**

Chlorine, fragrances, and SAP gels were irritating her skin. Ecoriginals are plant-based, 90 % biodegradable, and rash-free for us.

→ ourlantern.us/recommends/ecoriginals

11

Baby wipes → **Ecoriginals wipes**

Same brand as the diapers – just water and plant extracts, no alcohol or hidden preservatives.

→ ourlantern.us/recommends/ecoriginals-wipes

12

Johnson's baby shampoo → **Attitude 2-in-1**

Johnson's still contains fragrance and 1,4-dioxane. Attitude is EWG-verified and tear-free without the junk.

→ ourlantern.us/recommends/attitude-shampoo

13

Stainless/aluminum pots → **Heritage Steel x Eater saucepan**

Most cookware has aluminum cores that can leach or cheap stainless that pits. Heritage Steel is 5-ply American-made titanium-strengthened stainless – no coatings, no heavy metals, perfectly even heat, and truly lasts a lifetime.

→ ourlantern.us/recommends/heritage-steel

14

Flame-retardant pajamas → **Burt's Bees organic cotton PJs**

Flame-retardant chemicals are linked to thyroid issues. These are snug-fitting organic cotton – safe, affordable, and incredibly soft.

→ ourlantern.us/recommends/organic-pajamas

15

Plastic humidifier → **Canopy Humidifier**

Plastic tanks breed mold and disperse microplastics. Canopy is mold-resistant, filter-free, and uses safe materials.

→ ourlantern.us/recommends/canopy-humidifier

16

Plastic high chair → **Stokke Tripp Trapp**

Plastic chairs off-gas and harbor bacteria in every crack. The wooden Tripp Trapp brings your little one right to the table – no tray needed.

→ ourlantern.us/recommends/tripp-trapp

17

Conventional kids' underwear → **Lucky & Me Organic Cotton Underwear**

Most kids' underwear has polyester, elastic with phthalates, and dyes right next to sensitive skin. Lucky & Me is soft GOTS-certified organic cotton with covered, gentle waistbands – my daughter lives in them.

→ ourlantern.us/recommends/lucky-and-me

18

Mason jar lids → **Weck jars or stainless one-piece lids**

Regular mason jar lids are coated with plastic that may contain chemicals like BPA, BPS, or other PFAS, and leach when they touch food. Weck glass lids and stainless lids solved it completely.

→ ourlantern.us/recommends/weck-jars

19

Polyester-blend sheets → **Coyuchi Classic Sateen Sheets**

Polyester sheets trap heat, off-gas, and feel plasticky. Coyuchi 100 % organic cotton sateen sheet is breathable, gets softer with every wash, and keeps nighttime temp perfect.

→ ourlantern.us/recommends/Coyuchi-sheets

20

Regular dish soap → **Molly's Suds dish soap**

Most dish soaps leave residue. Molly's cuts grease without questionable surfactants and rinses fully clean.

→ ourlantern.us/recommends/mollys-dish

21

Seed oils for cooking → **Cold-pressed organic avocado oil**

Industrial seed oils are highly processed and oxidize easily. Cold-pressed avocado oil has a high smoke point, neutral taste, and stays stable – we use it for everything from eggs to roasting veggies.

→ ourlantern.us/recommends/avocado-oil

22

Regular toothpaste → **Boka (adults) + Spry Xylitol (toddler)**

Fluoride and SLS were too harsh. Xylitol fights cavities naturally and my daughter thinks it tastes like candy.

→ [ourlantern.us/recommends/boka or spry](https://ourlantern.us/recommends/boka-or-spry)

23

Conventional mattress → **Avocado Green Mattress**

Polyurethane foam off-gasses for years. Avocado is GOTS organic, zero flame retardants – We all finally sleep through the night.

→ ourlantern.us/recommends/avocado-mattress

24

Plastic toys → **Lovevery**

Most plastic toys contain PVC or phthalates. Lovevery kits are solid wood, organic cotton, and developmentally perfect.

→ ourlantern.us/recommends/lovevery

25

Regular bandages → **Welly bandages**

Standard bandages are full of latex, plastic, and petroleum-based adhesives. Welly is latex-free, flexible fabric with clean ingredients, fun patterns kids actually want to wear, and sticks perfectly even after bath time.

→ ourlantern.us/recommends/patch-bamboo

26

Brita filter → **Reverse-osmosis system**

Brita doesn't remove fluoride or heavy metals. Our RO gives us truly pure water for drinking and cooking.

→ ourlantern.us/recommends/US-water-systems

27

Regular air purifier → **Molekule**

Most HEPA filters just trap particles. Molekule destroys VOCs, viruses, and mold at the molecular level.

→ ourlantern.us/recommends/molekule

You did it! 🎉

You now have the exact 27 swaps that finally let our family breathe easier, sleep better, and worry less.

Save this PDF, print it, stick it on the fridge – whatever keeps you moving forward one swap at a time.

Want the next steps made just as simple?

→ Join the waitlist for my upcoming “Non-Toxic Home Course” (the step-by-step plan that took us from overwhelmed to truly clean)

→ Follow me on Pinterest for daily safe-swap ideas
pinterest.com/ourlantern

→ Never miss a new recommendation – follow on Instagram
instagram.com/ourlantern

Thank you for trusting me with your family’s health. You’ve got this, mama – I’m cheering you on every step of the way!

♡ Whitney

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