

Brenna Base

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Day Fifteen: Home

Greener Challenge

Challenges:

Start by reading MadeSafe's Detox Your Sleep. With more information about how to detoxify a living space, it's time to get creative and design your ideal living space.

Consider your bed, furnishings, decor, cleaning supplies, and other essential items. Choose products that are free from harmful chemicals and made from sustainable sources like organic cotton. For inspiration, check out Turning Green's Back to School Checklist.

Curate an ethical living Pinterest board or photo collage that includes 10-15 items you would choose for your living space. Include a sentence or two about why you included each item.

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<p>Saatva mattress</p>  <p>I chose this mattress because it has a 100% organic cotton cover and is made of plant-based materials.</p>	<p>Plover Comforter</p>  <p>This comforter is GOTS certified and donates a part of its profits to Save the Children.</p>	<p>Avocado Green Pillow</p>  <p>This pillow is vegan and GOTS certified. It also has really high ratings from people.</p>	<p>Under the Canopy Towels</p>  <p>These towels are pretty affordable and are made of organic cotton material.</p>
<p>Meliora All Purpose Cleaner</p>  <p>This product is Made Safe certified meaning it has no toxic chemicals.</p>	<p>Naturepedic Pet Bed</p>  <p>I like this pet bed because it is Made Safe and GOTS certified and my cat enjoys sleeping on pillows.</p>	<p>FelinePine Cat Litter</p>  <p>I chose this cat litter because it is biodegradable as well as organic.</p>	<p>Coyuchi Sheets</p>  <p>These sheets are GOTS, Made Safe, and Fair Trade certified.</p>
<p>Ecos Wood Polish</p>  <p>I live in an apartment with wood floors that tend to get messy easily. Usually the cleaner we use makes us have a headache so a natural one is preferred.</p>	<p>Attitude Laundry Detergent</p>  <p>This laundry detergent has an A rating from EWG.</p>	<p>Aspen Clean Dishwashing Packs</p>  <p>These dishwashing packs are all natural and EWG recommends them. I've also heard good reviews for them.</p>	<p>Concrobium Mold Control</p>  <p>I live in a very humid place where I usually treat the mold in my apartment with bleach. This cleaner is the only mold control that has an A rating from EWG.</p>