

# Project Green Challenge Greener



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# *Sustainable Living Space - Essentials*

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Item	Image	Why?
<p>The Sleep Store-Organic Bamboo Sheets &amp; Bedding</p> <p><a href="https://thesleepstoreusa.com/our-brands/">https://thesleepstoreusa.com/our-brands/</a></p>		<p>This company uses only organic, &amp; non-toxic materials within all of their products. They ensure the use of sustainable transportation as well, therefore helping to reduce greenhouse emissions.</p>
<p>Coyuchi Organic Towels (GOTS Certified)</p> <p><a href="https://www.coyuchi.com/temescal-organic-bath-towel.html">https://www.coyuchi.com/temescal-organic-bath-towel.html</a></p>		<p>These towels are derived from organically grown fibers, and manufactured with water recycling methods helping to eliminate waste. Coyuchi is a brand driven by a deep reverence for nature and a desire to fill homes with sustainably sourced, ethically made goods.</p>
<p>EarthSake Organic Cotton-Filled Pillow</p> <p><a href="http://www.earthsake.com/store/organiccottonpillow.html">http://www.earthsake.com/store/organiccottonpillow.html</a></p>		<p>This pillow is made with 100% organic cotton, which is free from formaldehyde, &amp; bleach. This creates much less waste, &amp; doesn't release any toxins into the atmosphere during the production process. It's a high quality, sustainable, and comfortable pillow all in one.</p>
<p>Healthy Choice Organic Mattress Bed Frame</p> <p><a href="http://www.hcmattress.com/brookfield-sustainable-bed.aspx">http://www.hcmattress.com/brookfield-sustainable-bed.aspx</a></p>		<p>This bed frame is derived from repurposed wood, taken from 19th century barns from Wisconsin to Vermont. It is locally milled then handcrafted. The stains are all-natural and toxin free and are then finished with a hand rubbed natural wax. The milk paint is made using an original 19th century formula and is so non-toxic you could actually drink it.</p>

## Saatva Loom & Leaf Mattress

[https://www.saatva.com/mattresses/loom-and-leaf/?utm\\_source=mindfulmomma&utm\\_medium=partner&utm\\_campaign=&click\\_id=110116DqpYeR](https://www.saatva.com/mattresses/loom-and-leaf/?utm_source=mindfulmomma&utm_medium=partner&utm_campaign=&click_id=110116DqpYeR)



Made with organic cotton, plant oils, as well as natural thistle wood pulp. These materials are combined to create a high-quality and comfortable non-toxic mattress. The environmental benefits are extensive, as it is produced 100% sustainably.

## ECORUG Kerala Natural Jute Rug

<https://www.ecofriendlydigs.com/Kerala-Natural-Jute-Rug/p/62278>



This artisanal rug is handmade using sustainable materials and ethical labor practices. It is completely environmentally friendly, and easily opens up a space due to its size.

## DIY Cleaning Products

<https://www.greenandgrowing.org/eco-friendly-cleaning-products/>



Cleaning with green cleaning products is important due to the fact that the carcinogenic chemicals found in conventional cleaning products negatively impact human and environmental health to a great extent. These are some good options for eco-friendly household cleaners.

## Organic Basics Recycled Bamboo Toothbrush

<https://bravelyblonde.com/sustainable-living-basics-you-need/>



These toothbrushes are well made, recycled, and are completely composed of bamboo. Because they are so well made, they help to reduce the amount of resources we pull from our planet in order to create more waste. They are not plastic like traditional toothbrushes, making them non-toxic and extremely lightweight.

## Reusable Shopping Bag

<https://www.tenthousandvillages.com/the-essential-companion-tote>



This specific reusable tote is made from materials that will eventually break down and biodegrade. Unlike many popular reusable bags which are made from plastic (mostly recycled plastic), this is a great way to avoid petrochemicals and the production of nitrous oxide which is a very potent greenhouse gas, 310 times stronger than carbon dioxide.

## Reusable Water Bottle

<https://bravelyblonde.com/sustainable-living-basics-you-need/>



Reusable water bottles like these are great options for reducing single-use plastics. Refilling one container can significantly aid in environmental benefits regarding waste reduction and atmospheric carbon emissions.

## Mason Jars With Lids

<https://www.amazon.com/mason-jars-lids/s?k=mason+jars+and+lids&page=3>



Implementing the use of jars rather than excessive packing will help to achieve a more conscious and plastic free lifestyle. Using jars is a great way to store foods in bulk, especially beans and rice.

## The Detox Market Candle

[https://www.thedetoxmarket.com/collections/lite-cycle/products/sage-candle?sscid=alk3\\_c0m3z](https://www.thedetoxmarket.com/collections/lite-cycle/products/sage-candle?sscid=alk3_c0m3z)



Each candle from this company is crafted through an intricate process featuring essential oils extracted through the cleanest methods available. Each candle includes non-GMO vegetable wax and an organic cotton wick.

## Natural Hemp Rope Woven Laundry Basket

<https://www.alibaba.com/showroom/hemp-baskets.html>



This laundry basket is a better alternative to polyester-based laundry baskets because it requires that the toxic emissions produced by polyester manufacturing don't occur, reducing the total amount of pollution overall. Hemp is valued for its strength and durability, therefore this product will last a long time.