

## 5 TIPS FOR SHOPPING HEALTHY

- 1.** Buy organic whenever possible to limit pesticide residue, hormones, antibiotics, and GMOs.
- 2.** To reduce exposure to BPA, avoid canned goods. Choose fresh, frozen, or dried foods instead.
- 3.** Put pure on pure; for baby's skin, opt for plant-derived products with organic ingredients.
- 4.** Use natural cleaners. Conventional products typically contain many known hazards and aren't required to list ingredients.
- 5.** Need an over-the-counter med? Read labels to avoid artificial sweeteners, preservatives, and colors.

## BABY CARE

BabyGanics  
Baby Mantra  
Beautycounter  
Branam  
Burt's Bees  
Charlie Banana  
Episencial  
Happy Family  
Mothers Organic  
Nature's One  
Ology  
Plum Organics  
Seventh Generation  
The Honest Company  
Vine.com

*If using disposables, choose  
unscented chlorine-free diapers.*

## BABY GEAR

Belly Armor  
Green Toys  
Mothers Organic  
Naturepedic  
organicKidz  
Sage Spoonfuls  
The Honest Company  
U•Konserve  
Vine.com

*Look for unpainted hard wood  
furniture and toys. The safest plastics  
are #2, #4 or #5.*



## HOUSEHOLD CLEANING

BabyGanics  
Bona  
Dapple  
Earth Friendly Products  
Mothers Organic  
Ology  
Seventh Generation  
The Honest Company  
Vine.com

*Improve indoor air quality by opening  
your windows daily, even in winter.  
Houseplants make good air filters.*

## Pocket Guide

Sponsored by



*Suja® Elements™ organic/non-GMO  
juices & smoothies provide elevated  
liquid gratitude for soulful refreshment,  
available exclusively at Whole Foods  
Market.*

*20¢ from every bottle of Suja Elements  
Chocolat™ is donated to Healthy Child  
Healthy World.*

**Learn more at [suja juice.com](http://suja juice.com).**

## HOME IMPROVEMENT & RENOVATION

Bona  
Lullaby Paints  
Mothers Organic  
Nikken  
Ology  
Vine.com

*Always check for hazards like lead, radon, and asbestos, and use no or low-VOC materials like paint, caulk, and floor finishes.*



## FOOD & NUTRITION

BIORAY Kids • Boiron USA  
Clover Organic Farms  
Happy Family • Klean Kanteen  
Lifefactory • LUNA  
Mothers Organic • Nikken  
organicKidz • Organic Valley  
Plum Organics • Sage Spoonfuls  
Suja Elements • Surf Sweets  
The Honest Company  
U•Konserve • Vine.com  
Zarbee's

*Whenever possible choose organic--especially for dairy, meat, and poultry--as well as low-contaminant seafood.*

## PERSONAL CARE

Beautycounter  
Branam  
Burt's Bees  
Episencial  
Mothers Organic  
Nikken  
Nine Naturals  
Ology  
Organyc  
Seventh Generation  
Soybu  
The Honest Company  
Vine.com

*Say no to chemicals like oxybenzone and yes to minerals like zinc or titanium dioxide in sunscreen.*

## ALPHABETICAL

BabyGanics • Baby Mantra  
Beautycounter • Belly Armor  
BIORAY Kids • Boiron USA • Bona  
Branam • Burt's Bees  
Charlie Banana • Clover Organic Farms  
Dapple • Earth Friendly Products  
Episencial • Green Toys  
Happy Family • Klean Kanteen  
Lifefactory • Lullaby Paints • LUNA  
Mothers Organic • Nature's One  
Naturepedic • Nikken • Nine Naturals  
Ology • Organic Valley • Organyc  
organicKidz • Plum Organics  
Sage Spoonfuls • Seventh Generation  
Soybu • Surf Sweets • Suja Elements  
The Honest Company • U•Konserve  
Vine.com • Zarbee's



## SHOP HEALTHY Pocket Guide

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*All of the brands listed in this guide meet Healthy Child's strict standards for safer non-toxic products. Learn more about our Shop Healthy partnerships at: [healthychild.org/qualitystandards](http://healthychild.org/qualitystandards)*

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[healthychild.org](http://healthychild.org)