

The Green Kitchen: 5-Minute Non-Toxic Audit

Quick Checklist for a Safer Home

1. The Plastic Purge

- Check the Codes: Flip over your containers. If you see #3 (PVC), #6 (PS), or #7 (Other/BPA), set them aside for recycling.
- The Texture Test: Is the plastic scratched, cloudy, or stained? These micro-fissures leach chemicals faster. Time to toss.
- The Heat Rule: Never microwave plastic. Switch to Tempered Glass or Ceramic.

2. Cookware Check

- Scratched Non-Stick: If your Teflon pan is peeling, it's releasing PFOAs into your food.
- The Green Switch: Transition to Cast Iron, Stainless Steel, or 100% Ceramic.

3. The "High-Energy 5" Pantry Staples

- Extra Virgin Olive Oil (Dark Glass Bottle)
- Fermented Foods (Dahi/Sauerkraut)
- Complex Grains (Millets/Oats)
- Dark Leafy Greens
- Raw Turmeric and Ginger

