

Food Babe Kitchen Swaps

In some cases, the tools you cook with can be just as important as the ingredients you are cooking! Here are some easy swaps that you can make in your own kitchen to reduce your reliance on household goods that are unhealthy for our bodies and the environment. Don't feel the need to make all of these swaps overnight. Start with the items that you use most often in your household to make the most impact. Consider gifting safe kitchen items to your loved ones to help them create non-toxic kitchens as well.

Instead of this	Use this
Non-stick Teflon coated pots and pans	Cast iron, stainless steel, and ceramic pots and pans
Cooking spray	Organic coconut oil, butter, avocado, or olive oil (no spray) and unbleached parchment paper for baking
Plastic storage containers (even BPA-Free)	Glass, stainless steel, or silicone storage containers
Plastic bags	Reusable non-toxic silicone bags
Plastic wrap	Reusable beeswax wraps, silicone toppers, plates or glass containers with lids
Antibacterial, dyed, and scented dish soap	Natural non-toxic dish soap (fragrance-free and dye-free)
Bleached paper towels and napkins	Washable organic cotton napkins and towels
Bleached paper towels	Recycled unbleached paper-towels

Aluminum foil	Unbleached parchment paper or a reusable Silpat silicone mat
Microwave	Countertop toaster oven
Tap water and plastic bottled water	Water filter and glass bottled water
Plastic utensils	Wood and stainless steel utensils
Baking powder	Aluminum-free baking powder
Aluminum baking pans	Glass, stainless steel and ceramic bakeware
Antibacterial, dyed, scented cleaning products and bleach	Natural, non-toxic cleaning products (fragrance-free and dye-free) and/or vinegar and baking soda
Ionized salt	Sea salt and Himalayan salt
Bleached and dyed baking cups	Silicone or unbleached parchment baking cups
Plastic water kettle	Stainless steel or glass water kettle
Plastic straws	Glass or stainless steel straws
Plastic and melamine dishes for kids	Bamboo dishes and silicone baking cups