



## WEEKLY DETOX SERIES

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# EMPTYING YOUR DIAPER BAG

THIS WEEK WE TAKE A LOOK  
IN YOUR BAG & BREAK  
DOWN THE HIDDEN TOXINS  
AND OFFER YOU SOME  
HEALTHIER ALTERNATIVES.

BEACHES GO GREEN 2.0



HEALTHY PLANET  
HEALTHY YOU

# Protect yourself & the planet

YOUR DIAPER BAG MIGHT BE FILLED WITH LOVE AND ESSENTIALS—BUT IT COULD ALSO BE HIDING HARMFUL CHEMICALS. FROM BABY WIPES AND PACIFIERS TO LOTIONS, TOYS, AND PLASTIC CONTAINERS, MANY EVERYDAY BABY PRODUCTS CONTAIN TOXINS THAT CAN IMPACT YOUR CHILD'S DEVELOPMENT, YOUR HEALTH, AND THE ENVIRONMENT.

THIS TOXIC DIAPER BAG AUDIT UNCOVERS THE WORST CHEMICAL OFFENDERS HIDING IN PLAIN SIGHT—AND OFFERS CLEANER, GREENER ALTERNATIVES TO HELP YOU PROTECT WHAT MATTERS MOST.



**BEACHES GO GREEN 2.0**



**HEALTHY PLANET  
HEALTHY YOU**



# The Biggest Offenders

& simple swaps to protect you and the planet



PLASTIC  
PACIFIERS &  
TEETHING  
TOYS



TOYS MADE  
FROM  
NATURAL  
RUBBER OR  
WOOD



SCENTED  
BABY WIPES



FRAGRANCE-  
FREE WIPES



TRADITIONAL  
DIAPERS



ECO-  
FRIENDLY OR  
CLOTH  
DIAPERS



DIAPER  
CREAM  
WITH  
FRAGRANCE



PLANT-  
BASED  
CREAMS



PLASTIC  
BOTTLES



GLASS OR  
METAL  
BOTTLES



SYNTHETIC  
BABY  
CLOTHES



ORGANIC  
COTTON  
CLOTHING



# Let's Unpack

the hidden toxins



## SCENTED BABY WIPES

**TOXINS:** SYNTHETIC FRAGRANCE (PHTHALATES), PARABENS, PHENOXYETHANOL

- **HUMAN IMPACT:** SKIN IRRITATION, RASHES, HORMONE DISRUPTION—ESPECIALLY ON SENSITIVE BABY SKIN.
- **ENVIRONMENTAL IMPACT:** OFTEN CONTAIN PLASTIC FIBERS; DON'T BREAK DOWN IN LANDFILLS OR WATER.

## DISPOSABLE DIAPERS (CONVENTIONAL)

**TOXINS:** DIOXINS, SODIUM POLYACRYLATE, VOCs (VOLATILE ORGANIC COMPOUNDS)

- **HUMAN IMPACT:** DIAPER RASH, POTENTIAL EXPOSURE TO CARCINOGENIC DIOXINS FROM BLEACHING.
- **ENVIRONMENTAL IMPACT:** A SINGLE BABY USES 2,000–3,000 DIAPERS A YEAR; THEY CAN TAKE 500 YEARS TO DECOMPOSE.



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the hidden toxins



## DIAPER CREAM WITH PETROLEUM OR FRAGRANCE

**TOXINS:** PETROLATUM, PARABENS, SYNTHETIC FRAGRANCE

- **HUMAN IMPACT:** CAN BLOCK PORES AND TRAP BACTERIA; LINKED TO ENDOCRINE DISRUPTION.
- **ENVIRONMENTAL IMPACT:** PETROLATUM IS FOSSIL FUEL-DERIVED AND NOT BIODEGRADABLE.

## PLASTIC TEETHING TOYS & PACIFIERS

**TOXINS:** BPA, PVC, PHTHALATES

- **HUMAN IMPACT:** THESE TOXINS CAN LEACH WHEN CHEWED; LINKED TO HORMONE DISRUPTION AND DEVELOPMENTAL ISSUES.
- **ENVIRONMENTAL IMPACT:** NOT RECYCLABLE; MADE FROM PETROLEUM-BASED PLASTIC.

## PLASTIC BOTTLES WITH MICROPLASTICS

**TOXINS:** BPA, MICROPLASTICS

- **HUMAN IMPACT:** HEATING BOTTLES RELEASES MICROPLASTICS INTO FORMULA/MILK; LINKED TO IMMUNE AND HORMONAL DISRUPTION.
- **ENVIRONMENTAL IMPACT:** PLASTIC BOTTLES DEGRADE INTO MICROPLASTICS THAT POLLUTE OCEANS AND DRINKING WATER.

## SYNTHETIC FABRICS (POLYESTER, NYLON, ACRYLIC)

**TOXINS:** CAN CONTAIN ANTIMONY, FORMALDEHYDE, PLASTICIZERS

- **HUMAN IMPACT:** MAY TRAP HEAT AND MOISTURE, LEADING TO RASHES OR OVERHEATING; SOME CHEMICALS LINKED TO ENDOCRINE DISRUPTION.
- **ENVIRONMENTAL IMPACT:** SHED MICROPLASTICS IN THE WASH, CONTRIBUTING TO OCEAN POLLUTION.

# Rewrap to protect: *Essentials That Honor Your Health & the Planet*



## BABY WIPES

FRAGRANCE-FREE,  
BIODEGRADABLE WIPES OR  
REUSABLE CLOTH WIPES WITH  
WARM WATER

## DIAPER CREAM

ZINC OXIDE-BASED BARRIER  
CREAMS WITH PLANT OILS AND  
HERBS

## DIAPERS

CLOTH DIAPERS OR ECO-FRIENDLY DISPOSABLES

## TEETHING TOYS & PACIFIERS

NATURAL RUBBER OR WOODEN  
TEETHING TOYS & PACIFIERS

## BOTTLES

GLASS OR STAINLESS STEEL  
BABY BOTTLES WITH SILICONE  
SLEEVES

## CLOTHING

CHOOSE NATURAL FIBERS LIKE  
ORGANIC COTTON, BAMBOO  
(PROCESSED WITHOUT HARSH  
CHEMICALS)

LOOK FOR LOW-IMPACT OR  
PLANT-BASED DYES, AND  
BRANDS THAT USE NON-TOXIC  
PRINTING PROCESSES.