



WEEKLY DETOX SERIES

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.



Let's Unpack

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.

Repack 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.