

WEEKLY DETOX SERIES

EMPTYING YOUR SCHOOL 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 CHILD'S BACKPACK MIGHT BE FULL OF SCHOOL ESSENTIALS – BUT IT MAY ALSO CARRY TOXIC CHEMICALS THAT AFFECT THEIR HEALTH AND THE ENVIRONMENT. FROM PLASTIC LUNCH CONTAINERS AND SCENTED MARKERS TO SYNTHETIC BACKPACKS AND WIPES, MANY EVERYDAY ITEMS ARE MADE WITH MATERIALS THAT LEACH HARMFUL SUBSTANCES.

THIS BACK-TO-SCHOOL BACKPACK AUDIT REVEALS THE MOST COMMON TOXIC OFFENDERS AND OFFERS SAFER, SUSTAINABLE SWAPS – SO YOU CAN PROTECT YOUR KIDS AND THE PLANET, ONE BACKPACK AT A TIME.



BEACHES GO GREEN 2.0

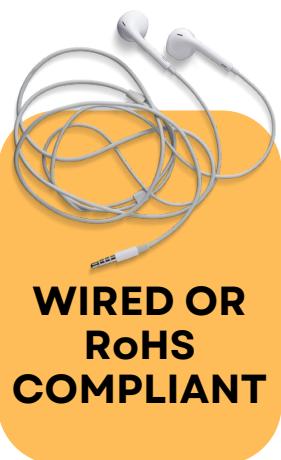
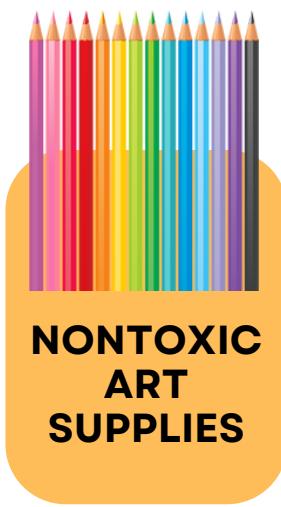
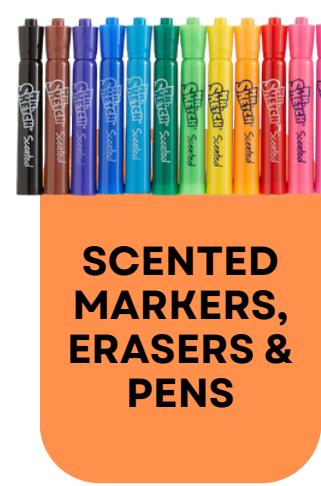
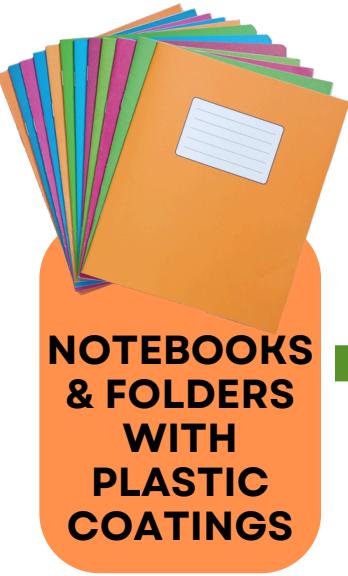
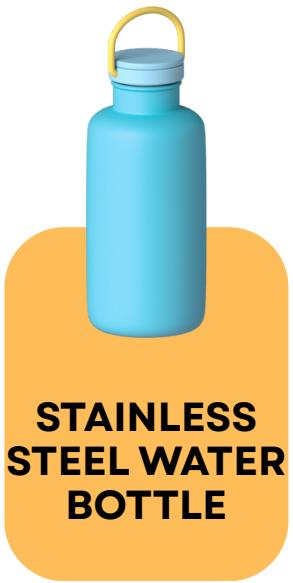


**HEALTHY PLANET
HEALTHY YOU**



The Biggest Offenders

& simple swaps to protect you and the planet





Let's Unpack

the hidden toxins



PLASTIC BACKPACKS (PVC, VINYL-COATED)

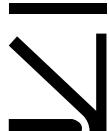
TOXINS: PVC, PHTHALATES, LEAD, FLAME RETARDANTS

- **HUMAN IMPACT:** HORMONE DISRUPTION, RESPIRATORY IRRITATION, SKIN CONTACT EXPOSURE
- **ENVIRONMENTAL IMPACT:** NOT BIODEGRADABLE, OFF-GAS VOCs, LEACH INTO SOIL AND WATER

SCENTED SCHOOL SUPPLIES (MARKERS, ERASERS, PENS)

TOXINS: SYNTHETIC FRAGRANCE, VOCs, PHTHALATES

- **HUMAN IMPACT:** HEADACHES, ALLERGIC REACTIONS, HORMONE DISRUPTION
- **ENVIRONMENTAL IMPACT:** VOCs POLLUTE INDOOR AIR AND CONTRIBUTE TO SMOG FORMATION



Let's Unpack

the hidden toxins



NOTEBOOKS & FOLDERS WITH PLASTIC COATINGS

TOXINS: PVC, PFAS COATINGS

- **HUMAN IMPACT:** PFAS LINKED TO IMMUNE SUPPRESSION, LIVER ISSUES
- **ENVIRONMENTAL IMPACT:** PERSIST IN LANDFILLS; PFAS LEACH INTO WATER SYSTEMS

PLASTIC LUNCH BOXES, CONTAINERS, AND UTENSILS

TOXINS: BPA, PHTHALATES, MELAMINE

- **HUMAN IMPACT:** HORMONE DISRUPTION, POTENTIAL CARCINOGENIC EFFECTS
- **ENVIRONMENTAL IMPACT:** NON-RECYCLABLE; BREAKDOWN INTO MICROPLASTICS OVER TIME

WIRELESS HEADPHONES & ELECTRONICS

TOXINS: FLAME RETARDANTS (PBDES), PLASTICIZERS (LIKE PHTHALATES), HEAVY METALS IN BATTERIES

- **HUMAN IMPACT:** PROLONGED EXPOSURE TO FLAME RETARDANTS HAS BEEN LINKED TO HORMONE DISRUPTION, DEVELOPMENTAL ISSUES, AND REDUCED ATTENTION IN CHILDREN
- **ENVIRONMENTAL IMPACT:** E-WASTE CONTRIBUTES TO SOIL AND WATER CONTAMINATION; IMPROPERLY DISPOSED ELECTRONICS LEACH TOXINS INTO THE ENVIRONMENT

SINGLE USE PLASTIC WATER BOTTLES

TOXINS: BPA, PHTHALATES, ANTIMONY

- **HUMAN IMPACT:** HORMONE DISRUPTION, ESPECIALLY WHEN BOTTLES ARE REUSED OR HEATED
- **ENVIRONMENTAL IMPACT:** MAJOR CONTRIBUTOR TO MICROPLASTIC POLLUTION AND OCEAN WASTE

Rewrap to Protect:



*Essentials That Honor
Your Health & the
Planet*



BACK PACK

BACKPACKS MADE OF ORGANIC COTTON, RECYCLED MATERIALS, OR CANVAS

HEADPHONES

CHOOSE WIRED HEADPHONES OR MODELS LABELED ROHS-COMPLIANT (FREE FROM HAZARDOUS MATERIALS LIKE LEAD AND MERCURY)

USE EMF-REDUCING OR LOWER-RADIATION DEVICES WHEN POSSIBLE

ENCOURAGE DEVICE-FREE BREAKS TO LIMIT EXPOSURE AND SUPPORT ATTENTION SPAN

NOTEBOOKS & FOLDERS

RECYCLED-PAPER NOTEBOOKS, UNCOATED FOLDERS, REFILLABLE PENS

WATER BOTTLE

REFILLABLE STAINLESS STEEL OR BPA-FREE REUSABLE WATER BOTTLES

CHOOSE INSULATED OPTIONS TO KEEP DRINKS COLD ALL DAY WITHOUT LEACHING CHEMICALS

LUNCH BOX

STAINLESS STEEL LUNCH BOXES, BAMBOO UTENSILS, SILICONE SNACK BAGS

ART SUPPLIES

UNSCENTED, NON-TOXIC ART SUPPLIES MADE WITH NATURAL INGREDIENTS