



WEEKLY DETOX SERIES

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# 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



**BACKPACKS  
MADE FROM  
SYNTHETIC  
MATERIALS**



**BACKPACK  
MADE FROM  
COTTON OR  
CANVAS**



**SINGLE-USE  
PLASTIC  
WATER  
BOTTLE**



**STAINLESS  
STEEL WATER  
BOTTLE**



**NOTEBOOKS  
& FOLDERS  
WITH  
PLASTIC  
COATINGS**



**RECYCLED  
PAPER  
SUPPLIES**



**SCENTED  
MARKERS,  
ERASERS &  
PENS**



**NONTOXIC  
ART  
SUPPLIES**



**PLASTIC  
LUNCH BOX  
FILLED WITH  
SINGLE-USE  
SNACKS**



**STAINLESS  
STEEL AND  
BAMBOO  
REUSABLE  
CONTAINERS**



**WIRELESS  
HEADPHONES**



**WIRED OR  
RoHS  
COMPLIANT**





# *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

# Repack 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