

Creating Your Priority List

1. Go through every room in your house and write down all of the products in each room. See Figure 1 for an example.
2. Check off whether or not the material is made from a green/sustainable product, if it is made from materials that are non-toxic (no or low off-gassing), or if you don't know.
3. Write a list of all the products that do not have a check mark in the “made from green materiel” or “made from non-toxic materiel” section.
4. For the products you are unsure about, look them up on the New Living Health website or use our links page to find out additional information. If they aren't made of green materials or if you still don't know what they are made of, then chances are they aren't healthy for you (companies that value health and sustainability typically transparent and willing to give you information on the health aspects of their products). You should add these products to the unhealthy list.
5. With the list of all potentially harmful products written, now create a list of priorities. To do this, consider monetary cost as well as the impact that changing each product will have on your health. For example, it may be more cost effective to change the paint in your home rather than all of the cabinets. Or you may want to start by switching out all the products in the room you use most in your home (likely the bedrooms and the family room). See Figure 2 for an example.

Figure One:

Products by Room	Made from Green Material	Made from Non-Toxic Materials	Energy Efficient	Don't Know
Living Room				
flooring				
furniture		x		
tables				x
television			x	
window treatments	x		x	
throw blankets and pillows	x	x		
Kitchen				
countertops				
cabinets	x			
appliances			x	
pots and pans		x		
tableware		x		
Bathrooms				
countertops				x
soap		x		
fixtures				x
cabinets				x
flooring	x	x		
bath tub				x
towels/curtains	x	x		
Bedroom 1				
Bed frame				
mattress				
dresser/other stands				
bedding (ex. Sheets)	x	x		
pillows	x	x		
Home Office				
flooring	x	x		
desk	x	x		
chair	x			
couch				x
bookshelf	x			
General				
lighting (bulb type)			x	
flooring	x	x		
paint				
Other				
cleaning supplies		x		
fragrances	x	x		
central heating/cooling systems			x	

Figure 2:

Priority List:

From Highest to Lowest:

1. Paint
2. mattresses in bedrooms
3. cabinets in the kitchen
4. Countertop in the kitchen
5. lighting
6. Flooring in the living room
7. couch in the home office
8. cabinets in the bathrooms
9. bathtub
10. end tables in the living room