THE CLEAN LIFE

Resource Pack

Starting Your Journey to a

Healthy Home, Body, and Kitchen

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&
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Introduction

Who we are

Lauren Dahl is a homesteading wife and mother of three, working towards a zero waste home. Over the last 10 years she has been working hard to build a lifestyle that is organic, sustainable and free from toxins and chemicals, that provides a healthy place to raise her family, and that doesn't leave a mark on the planet. She lives on her Redding homestead with husband Seth, three children and an array of animals.

Kezia Neusch started her journey of health while she was in vet school in London and working in the meat and dairy industry. As she saw the story behind food she became fascinated by how and what we eat, and was determined to know the truth and the science behind healthy eating. From there she developed a passion to see everyone equipped with the skills to eat well and enjoy good food together. She specialises in creating healthy foods that cater to specific diets so that anyone and everyone can find joy and freedom in eating. Kezia lives in Redding with her husband Jared and their son Clayton where she runs a small business supplying paleo baked goods to coffee shops and the local community.

A note from Kezia and Lauren

We are so excited that you are joining us and investing in your personal journey of health! Taking this workshop online for the first time is something that we have been slow to do because we wanted to ensure that we could give the full scope of what this workshop is to us, in a virtual format. After holding it locally over the last 2 years, you have asked enough times, and we've seen it provide key tools and encouragement for enough people, that we really wanted to make it available from a distance. We've put our all into making it available and here it is, so thank you for asking and thank you for joining us.

A little history on us, as most of you only know one of us! If you could see our mutual text thread, it would communicate our relationship and history better than we can here! It's usually a mix of product links from organic cotton baby pajamas to biodegradable phone cases, questions about chocolate, gardening advice, and arranging times to eat raw dessert together! We've discovered that running this race of clean living with people along side us is so important and that's where this workshop was born. We've been writing blogs for each other, reading each other's blogs, sharing ideas and advice between us, and we want to open a door on the conversation and let you join in.

We met 9 years ago through school in Redding, CA and have been on the journey of health together ever since, and subsequently with our families as they have grown. Both of us have a strong desire to see people knowledgeable and free to find their own path in the journey of health. We recognise that health is an individual thing. Our two ways of living are different, our families are different too, but we are on the same quest. We expect that your journey will look different from ours and will look different again a year from now. Health looks different for different people, in different seasons. A value we

both hold central is that clean living is bigger than food, bigger than our physical health, bigger than managing our surroundings. It is a spiritual journey too, and peace is a grounding factor. We both place such high value on peace, and on maintaining a connected, loving family environment believing that those are just as important as the physical side of health.

Our goal in this workshop is not to communicate as health professionals or scientists. We are neither of those things, and we don't want to tell you facts and exactly what to do. Nothing we say is necessarily something we think you as an individual should implement right now. Our goal is more to give you our story, our research, our journey and our passion, and then in turn to inspire you to find yours. This workshop is about handing over practical tools that have helped us, so that you can begin to find the next steps that are right for you.

In that, we ask that you would use the information in this class the way it is given. We're giving you our opinion. (Our opinion after a decade plus of researching, living, adjusting, learning, and practicing, but still our opinion.) Take the bits you want, leave the bits you don't, and then use it to go away and embark on your own research. We don't know your journey thus far, and we don't know most of you personally. So while we believe all the tools here are going to be really useful, and probably save you money, time, and stress, please know they are just that: tools. Not a finished product or a verbatim 'how to,' but rather the means to create your own path, down which your own family can walk.

We're thankful for you. Every person that takes a step forward has an impact far beyond their own reach, and beyond their own years, so thank you for your choices and your investment. We believe in you, we believe you can make the changes you want to make and we're here to do what we can to help you find it, and encourage you to walk it out well!

Lauren and Kezia

Definitions & Labels

Food Products:

Organic

- Prepared items: A product with the organic seal must contain 95% organic ingredients meaning they are produced using approved organic farming methods "that foster cycling of resources, promote ecological balance, and conserve biodiversity. Specifically, "synthetic fertilizers, sewage sludge, irradiation, and genetic engineering may not be used" to produce organic food, meaning that organic food products are not genetically modified and have not been treated with synthetic pesticides or fertilizers.
- Produce with USDA seal: Can be called organic if it's certified to have grown on soil that had no prohibited substances applied for three years prior to harvest. - See more at:
    - http://blogs.usda.gov/2012/03/22/organic-101-what-the-usda-organic-label-means/#sthash.8WgaOu16.dpuf
- Meat products: Regulations require that animals are raised in living conditions accommodating their natural behaviors (like the ability to graze on pasture), fed 100% organic feed and forage, and not administered antibiotics or hormones. - See more at:
    - http://blogs.usda.gov/2012/03/22/organic-101-what-the-usda-organic-label-means/#sthash.8WgaOu16.dpuf
- Cannot contain GMOs.

GMO

- A GMO (genetically modified organisms) is an organism whose genome has been altered by the techniques of genetic engineering so that its DNA contains one or more genes not normally found there. A plant or animal that has been genetically engineered with DNA from bacteria, viruses or other plants and animals. These experimental combinations of genes from different species cannot occur in nature or in traditional crossbreeding.
    - E.g. Strawberries and tomatoes injected with fish genes to stop them freezing.

All Natural

- The U.S. Food and Drug Administration (FDA), does not define or regulate use of the label "natural" on food products. "the agency has not objected to the use of the term if the food does not contain added color, artificial flavors, or synthetic substances," CAN still contain HFCS and GMOs.
- Regarding meat and dairy: USDA does regulate the word. It must be "a product containing no artificial ingredient or added color and is only minimally processed". When purchasing "natural" meat, poultry, and eggs there are no artificial ingredients or colors added. CAN still contain antibiotics or hormones.

Fair Trade

- Fair trade is trade in conformity with a fair-trade agreement. A movement whose goal is to help producers in developing countries to get a fair price for their products so as to reduce poverty, provide for the ethical treatment of workers and farmers, and promote environmentally sustainable practices.

Gluten Free
- A product certified to contain no gluten, processed in a gluten free environment.

Antibiotic Free
- The meaning is not solid and can be easily manipulated. Look instead for 'Organic', "no antibiotics administered" or "no antibiotics added".

Hormone Free
- Meat labeled "hormone free" or "no hormones administered" has, according to the producer, not been given any growth hormones. While the producer must submit paperwork to that effect, it is not third-party verified. In the USA the use of hormones is prohibited entirely in poultry and pork, so if you see "hormone free" on either of these products it doesn't really mean anything extra.

Free Range
- Means only that "Producers must demonstrate to the Agency that the poultry has been allowed access to the outside." There is a lot of room for interpretation! Look instead for 'pastured', which means what we would expect 'Free Range' to mean.

No Spray
- An unregulated term – but people often use it to say that their produce is not sprayed with pesticides. A common phrase used at Farmer's Markets and road-side produce stands. If you come across this term, ask them what they mean by it.

Sugar-Free & Fat-Free
- Always look at the ingredients! Sugar free usually means artificial sweeteners and fat free usually means a high sugar content! Real fat and sugar is better than the fake versions.

Personal Care Products:

Differences: Food versus Personal Care Products
- At least some food labels are regulated by the FDA, for body products though, there is no regulation system. So don't rely on any label, look at the ingredients.
- A useful website here is the Environmental Working Group: www.ewg.org. They are the best resource for looking up any brand to see how it ranks for toxicity.

EWG Verified
- Environmental Working Group Verified Products - these products are free of substances on EWG's "unacceptable" list (I.e. formaldehyde, animal derived ingredients, phthalate so and more). They also meet limits outlined in EWG's

"restricted" list, including ingredients that have been banned or restricted by U.S. or international government agencies or other authoritative public health bodies, such as the World Health Organization.

Organic

- An organic ingredient is formally an ingredient which has been harvested without the use of synthetic chemical compounds. Organic cosmetics are produced from the best natural component of plants and flowers that do not result in skin irritation at all as compared to the chemical based cosmetics. However, look for USDA certified products as this means that 95% of the ingredients are organic.

Natural

- Natural means the ingredients come from a natural source (overlooking that these ingredients can be chemically modified to act the way they want) but this could be misleading for example if a shampoo is 90% water a company could state that their shampoo is 90% natural even though the other 10% could be made up of chemicals.

Fragrance Free/Unscented

- This term can mean many things. It can mean simply that the word fragrance does not appear on the product's ingredient label, or it can mean that there are fragrances but the company has used masking agents to cover the smell. The term fragrance-free does not necessarily mean that no scented additives have been added to change the scent. Look for essential oils or fruit/flower distillate waters in the ingredients as well as phthalates which are a toxic masking agent.

Aluminium and parabens

- Aluminium and parabens are two cheap and effective main ingredients found in a wide range of cosmetics and antiperspirants. It is said that these chemicals have negative side effects, and we personally choose to avoid them in our cosmetics. If you want to know more about the side effects, there are plenty of resources through google that will help you out.

Eco-friendly

- An Eco-friendly product should be a product which follows an environmentally sound process, mainly the stages of formulation of the product, as well as the packaging, thus minimizing the effects on the environment. However, this does not tell us the exact origins of ,ingredients production, whether or not the farming was indeed organic. Certain parts of a final product may very well be eco friendly, for the environment and us consumers, but not all of the parts.

Diets & Eating Lifestyles

We list these diets to begin to mystify some of the terms that are floating around. The list is for information and clarification rather than because we are recommending them as the right ways of eating. Between us we've tried a few at different times and have both landed on a 'normal' for ourselves that is a mix of different things, but it's what works for us!

Raw

- Only eating food that hasn't been heating to above 118F. A raw vegan diet includes raw vegetables and fruits, nuts and nut pastes, grain and legume sprouts, seeds, plant oils, sea vegetables, herbs, and fresh juices.

Vegan

- Usually means not eating any animal products. Mostly this means meat and dairy, but it can also include honey, and not wearing any animal product such as leather.

Vegetarian

- Not eating (and sometimes not wearing or using) anything that involves the killing of an animal.

Seasonal Eating

- Not all food grows year round! Seasonal eaters choose to eat only (or mainly) foods that are in season local to where they are. This means that the food has not been artificially ripened or travelled long distances, which makes it more nutritious. Is also is believed to give the body what is required at different times of the year.

Paleo

- Based on the notion that for optimal health, modern humans should go back to eating real, whole unprocessed foods that are more healthful than harmful to our bodies. Focuses on eating whole, unprocessed, nutrient-dense, nourishing foods. Prioritize grass fed and pastured meats and eggs, wild-caught seafood, and vegetables. Enjoy fruit, nuts, and seeds in moderation and avoiding foods that will harm us by causing systemic inflammation, wrecking our guts, or derailing our natural metabolic processes. Abstain from toxic, pro-inflammatory foods like gluten-containing grains, legumes, sugar, and the laboratory-concocted Frankenfoods found in the middle aisles of your neighborhood supermarket.

AIP

- Autoimmune protocol diet is a very restricted diet that removes foods considered to be guts irritants. AIP works to calm inflammation in the gut. The AIP is said to a stricter version of the Paleo diet as you exclude produce like eggs, nuts, nightshades (potatoes, eggplants, tomatoes) and legumes (beans, lentils).

Ketogenic

- The Ketogenic (keto) diet is a low carb, high fat diet that forces the body to burn fat instead of carbohydrates. By lowering the intake of carbs our body goes into a state called Ketosis that helps us survive when food is low. During this state we produce ketones which are produced by the breakdown of fats in the liver.

GAPS

- The gut and psychology syndrome diet focuses on removing foods that are difficult to digest and damaging to gut flora and replacing them with nutrient-dense foods to give the intestinal lining a chance to heal and seal. The gaps diet naturally treats chronic inflammatory conditions in the digestive tract.

KITCHEN

Our Kitchen Set-Up

- Appliances
    - Blender: Vitamix is our favorite
    - Coffee grinder: for spices
    - Food Processor
    - Juicer
    - Dehydrator
    - Slow Cooker

- Other Items
    - Knives – several good ones
    - Cutting Boards
    - Storage
        - Mason jars or recycled jars
        - Bees wrap
        - Pyrex glass bowls
    - Hand Tools
        - Stainless steel veggie peeler
        - Spiralizer
        - Garlic Press
        - Grater

        - Citrus juicer
        - Strainer
    - Cookware
        - Cast Iron Skillets: we recommend Lodge brand
        - Stainless Steel Pots
        - Steel or Stone Baking Sheets
        - Pyrex Pie & Casserole Dishes

Purchasing Food

- Grocery Stores
    - Our favorite pick is small, locally-owned, organic grocery stores
    - Larger organic chain stores such as Whole Foods
    - Normal grocery stores such as Safeway or Kroger are carrying more healthy and organic options now
    - *Trader Joe's and Wholefoods*: the only nationwide food store chains that doesn't genetically modify any of their own brand ingredients. Whole Foods is also striving to make sure that none of their storewide products are genetically modified with a deadline in 2018.

- Road-side stands
    - Harder to find in some areas of the country, but a great resource. Look also for signs in people's front yards in more rural areas. People who grow their own food will often sell surplus.

- CSA Box
    - Community Supported Agriculture
    - Local farms will do a "CSA Box"
    - Pay by the week or month and pick up or get a box of seasonal, local, organic product delivered to you each week.

- Farmer's Markets!
    - Farmers markets are a great way of sourcing locally grown, beautiful food! We shop at our local farmers market nearly every week! Here's a national registry of Farmers Markets (for people in the USA) so you can find yours: https://www.ams.usda.gov/local-food-directories/farmersmarkets

- Grow your own
    - Organic gardening isn't hard and can be done on apartment decks or in small backyards

- Anywhere!
    - We've found persimmons, pomegranates, pears, plums, blackberries, figs, apples all free just from finding trees – keep your eyes open! And don't be afraid to go up to someone's door and ask them if you can pick from their trees. Most people who have fruit trees have more than they can eat.

- Craigslist
    - Great for bulk buying seasonal local food. You must know what's in season and when so you can put it in the search box.
    - Organic eggs
    - Simply type "organic" into the search box and see what you get!

- Meal Delivery
    - Meal delivery services can be a really helpful way of providing you and your family with healthy and quick meals - they can be quite pricey but you can decide for yourself!

- Thrive Market
    - Thrive Market (https://thrivemarket.com/food) is an organic, online grocery shop. It can be a very easy way to grocery shop for good quality produce online!

- Azure Standard
    - For West Coast dwellers
    - www.azurestandard.com
    - Bulk food and product items

- Amazon
    - Lowest prices on product when not buying bulk.

- Redding Folks
    - *Winco:* great for buying well priced bulk dry goods
    - *Costco*: has increasing ranges of organic produce and products.
    - *Orchard Nutrition:* Best for all organic, locally grown produce. Berlin Natural Bakery bread (http://www.berlinnaturalbakery.com) and locally raised meat
    - *Farmers Markets:*
        - Schedule http://healthyshasta.org/farmersmarkets.htm
        - Buy grass fed *and finished* Turri Farm beef from the owners
        - Dig into our local producers! Learn the producers and farms you like and try going out to the farm – see where your food comes from, take kids, and sometimes you'll find you can get extras that aren't at the market or you discover other producers along the way!
    - *Country Organics:* small, locally owned grocery store
    - *Chico Natural Food Co-op:* Great for bulk home items like laundry detergent and Dr. Bronners

Weekly Menu Planning

Planning ahead for what your meals are going to be for the week is a helpful way to keep your life organized as well as minimize the amount of food that goes bad because it doesn't get used, saving you a little money. Here is an example of what each of our weeks look like.

Kezia:

	Breakfast	Lunch	Dinner
S	Waffles	Green enchiladas	Quinoa stir fry with ground beef veggies, coconut aminos, and brown egg fried rice
M	Pancakes	Quinoa, chicken, and roasted veggie salad bowl Jared takes leftovers to work during the week	Burgers with salad and potato wedges
T	Homemade spelt toast and nut butter	Spinach salad with fresh veggies with sunbutter dressing	Sprouted corn tacos with chicken and avocado with roasted veggies
W	Extra tacos become breakfast tacos with egg and avocado	Cabbage and carrot slaw with tahini dressing and chopped almonds	Beef Stroganoff
T	Eggs, homestyle potatoes, spelt toast	Zoodles and sprouted chickpeas with sunbutter cilantro dressing	Quinoa bowls with shredded chicken and veggies
F	Farmer's Market	Quinoa bowls with beef, avocado, and greens.	Date night
S	Waffles	Protein style burger patties on salad with veggies	Spelt pizza

Lauren:

	Breakfast	Lunch	Dinner
S	Scrambled eggs	Raw cheese and nuts with fruits and veggies	Quinoa with sauteed seasonal veggies and homemade dressing
M	Banana with peanut butter	Salad with fresh veggies, avocado, and homemade dressing	Veggie burgers and sweet potato baked fries
T	Homemade granola with nut milk	Green smoothie with slices of cheese and nuts	Quinoa with ground beef and sauteed veggies
W	Oatmeal with maple syrup and raisins	Grilled cheese or pb&j sandwiches	Salad, mashed sweet potatoes and local ground beef burger
T	Scrambled eggs with veggies	Potato and egg salad with a piece of fruit	Salad with lentils, rice, and collard greens
F	Banana with peanut butter		Tomato and cucumber salad with quinoa and cabbage bowls
S	Farmers Market		Spinach salad with boiled eggs, leeks, and green garlic with homemade dressing

Meal Plan Template:

	Breakfast	Lunch	Dinner
S			
M			
T			
W			
T			
F			
S			

Eating Healthily on a Budget

One of the big hurdles for people in eating healthily is cost. A combination of planning and sourcing well can really keep the cost low, and both Lauren and Kezia eat 95%-100% organic on a food budget of $500 (for 2 adults 2 children) and $450 (for 2 adults and one toddler) respectively.

A 2015 study gave the average expenditure for a low cost meal plan for a family of 4 is $786/month and a liberal food plan is $1195/month (Study by USDA centre for nutrition policy and promotion).

Some of our keys for keeping costs down are:

- Eat seasonally
    - Buying fruits and veggies that are in season can be a place of huge savings. For example, strawberries in June verses strawberries in January not only taste better, but they are cheaper and better for you.
- Avoid Packaging
    - By avoiding packaging, you are buying in bulk. Purchasing products in bulk automatically saves you money on price per pound.
- Buy in bulk
    - If you buy in bulk, the prices will be cheaper. The more you can buy (5 pound bag or 10 pound bag), the lower the price per pound goes.
    - Pay attention to the price per pound, as well as how much is edible of the product you're buying. For example, oranges per pound may be cheaper than apples per pound, but you get less in an orange than you do an apple,because of the thick skin of an orange.
    - For example: cashews from the bulk bins are usually $7-8/pound, but if you buy them in the bag, they are much higher priced.
- Cheap “Go To” Meals
    - A great way to save money is to figure out meals you and your family enjoy eating that are cheap and quick. Oatmeal is a great example for a cheap and easy breakfast.
- Purchasing certain things at certain places
    - Shop around. With different seasons, different places have different prices on products. If you have the time and can go to different stores, you can save a lot!

Our Family Grocery Lists

Our grocery lists depend on our budget for the month, what the month holds, and what's in season, but in general, these are the lists we are pulling from weekly, biweekly, or monthly.

Bold items = Less than weekly i.e. biweekly or monthly.

	Kezia	**Lauren**
Weekly Produce	Seasonal produce but usually year round: **Potatoes (white and sweet)** **Carrots** **Some kind of greens** **Onions** **Garlic** Bananas 1-2 other kinds of fruit Frozen Organic Peas Avocados (I change how many I buy depending on season, we buy tons when they're in season and cheaper!)	Potatoes Onion Garlic Greens Bananas Cabbage Anything other than those, I stick to seasonal including only seasonal (and mostly local) fruits.
Bulk Goods	**Almonds** Sunflower seeds (for salads and nut butter) **Quinoa** **Maple Syrup** **Oats** Raw local Honey **Balsamic Vinegar** **Brown Rice** **Black Beans** **Chick Peas** Whole Spelt Flour **Coconut Oil** Cocoa **Seasonings as needed:** Himalayan Salt Pepper Nutritional Yeast Coconut Aminos	Cashews Almonds Maple Syrup Quinoa Oats Tea Honey Gluten-free pancake mix **Olive oil** **Raw cacao** **Herbs and spices** **Balsamic & coconut amino**

	Good quality balsamic Vinegar Apple Cider Vinegar Avocado Oil Chili Flakes Cilantro Rosemary Basil Lemon Curry Spices Cinnamon	
For Baking	**Almond meal/flour** **Coconut Flour** **Arrowroot starch** **Aluminium free baking powder** **Vanilla Powder**	
Canned/jarred Goods	Tomato puree Tomato passata	Ketchup and mustard Coconut oil
Animal Products	Raw cheese Local, organic ground beef Organic Chicken Thighs **Once per 6-8 weeks:** I buy another cut like short ribs or stew meat or when I see a great offer. **Locally roasted Coffee Beans** **Occasionally: Local Raw Milk Kefir** Eggs	Raw cheese Raw milk from local dairy Local, organic ground beef Eggs (we have our own chickens)

Menu Planning

There are many different ways to meal plan, some of the most popular are:

- Plan Everything
    - Plan each meal ingredient needed at the beginning of week.
    - Grocery shop and cook according to your schedule.
    - Examples and detailed meal plans – www.riddlelove.com, Meals Made Simple by Danielle Walker, and Real Life Paleo by Stacy Toth.
    - Start following someone else's meal plan by the book then find out what you like and don't. You will find your favorites and be able to create your own meal plans eventually.
    - Kid tip: Involve your kids in the planning! Let them choose some of the meals and help make the ones they chose.

- Weekly Repeat
    - Plan out 5-6 meals each week and repeat them until your family gets tired of them.
    - You might eat the same things for 3-4 months then come up with a new rotation.
    - Makes grocery shopping easy, because it's the same each week.
    - Example:
        - Monday: quinoa w/meat
        - Tuesday: tacos
        - Wednesday: homemade pizza
        - Thursday: soup and salad
        - Baked sweet potatoes with grilled meat and a vegetable
        - Friday: fish and vegetable
        - Saturday: burgers and salad
        - Sunday: leftovers

- "Go To" Planning
    - Normal "go to" meals for days you have less than 30 minutes to cook
    - On days you have more time, look up recipes with ingredients you have on hand if you have.
        - Great option for if you have a CSA

- Freezing Ahead
    - Spend one weekend making several months worth of freeze-able dinner entrees.
    - Good option if you don't like being in the kitchen in the evenings.
    - You can spend one weekend and knock out all your entrees for several months
    - Takes planning ahead to gather all ingredients needed for a major cooking spree.

- Weekend Prepping

- If you don't like to cook each night or don’t have time to, you can grocery shop on the weekend and prep entrees in one day.
- Must have meals that can be prepped ahead of time and kept in fridge (sauté veggies and reheat later in week, etc.)
- Breakfast examples
    - Almond butter and homemade spelt toast, or sliced apples and bananas – Slice and store bread in the freezer, pull out by the slice for an easy breakfast.
    - Paleo Pancakes – make ahead and freeze, then toast and drizzle with maple syrup and sliced fruit. (http://thewholefooddiary.com/2015/08/10/paleo-waffles/)
    - Make muffins for the week than can be pulled out the night before for a grab and go breakfast. (http://thewholefooddiary.com/blueberry-muffins/)
    - Cook up a big vegetable hash (diced onions, garlic, sweet potatoes and any seasonal veg) then heat a small amount in a skillet and crack eggs on top.
    - Make smoothies ahead and store in fridge or freezer.

Eating Out

You don't have to compromise to eat out. Don't believe your first look at a menu. Look a little beyond what's stated and ask what they are able to accommodate. Some of the things we think about when we eat out are:

- Research online for restaurants that use organic produce or ask advice from friends that live in the area to point you in the right direction of good quality restaurants!
- Usually before going to a restaurant we will look it up online and do a bit of digging into where it sources its produce from (especially meat) and this way by the time we are actually going out we have a good grasp of what we're going into.
- Think unprocessed - when ordering off a menu our mindset is always what is the least processed dish, with the ingredients as close to their raw form as possible, this means you side step nasty additions to your meal.
- Ask for salads with dressings on the side - we usually ask for some balsamic vinegar or a lemon wedge, some salad dressings can be packed full of bad oils, sugars and additives.
- Ask for sauces on the side.
- Ask what is in things!
- Remove unwanted cheeses, croutons etc.
- Don't eat mindlessly, if you are full, ask for a to go box. Ask yourself is the experience of this dish really worth it? How am I going to feel tomorrow morning or in a few hours, is this really what I want to choose?
- Ask for extra veggies - this bumps up the nutritional value of your meal!
- Ask for meat or fish to be grilled instead of another method
- Ask for meats and fish unbreaded, again, some producers or restaurants put so many additives and nasty things into the coating of fish and meat, we would much rather do without!
- Try to hold off on dessert until you get home, desserts are usually highly processed - and then you can enjoy as much raw chocolate as you like!
- If you are polite, don't be afraid to ask!

A few examples of US nationwide healthier restaurants:

- Veggie Grill- 100% vegan menu. Mostly organic ingredients and non GMO soybeans
- Panera- antibiotic free animal products. Zero trans fats.
- Jason's Deli- ⅕ of the ingredients are organic, removed all artificial dyes, colors, and flavors from menu
- Noodles & Co- cooked with natural soybean oil, and whole wheat pasta noodles, hormone and antibiotic free meat
- Chipotle - No GMO ingredients, lots of local sourcing and clean eating options.

Places in Redding, California (where we live!)

- Moonstone - some local, organic food
- Fresh Fire Grill - organic meat and fresh healthy, well priced meals
- View 202 - working towards sourcing all their ingredients within 100 miles

More Information:

- Eating Out the Healthy Way by Kezia:

http://livinghomeblog.com/eating-out-the-healthy-way-10-ways-i-choose-my-order

Book Resources

- *French Kids Eat Everything* by Karen Le Billon
- *Animal, Vegetable, Miracle* by Barbara Kingsolver
- Any book by Danielle Walker
- *Raw Food Real World*
- Any book by Jamie Oliver

Website Resources

- www.riddlelove.com
- www.ohsheglows.com
- www.thewholefooddiary.com
- Google for recipes
    - Key words such as "healthy" or "gluten-free" or "vegan" when searching for recipes will often bring up healthier options
- EWG guide to eating clean on a budget
- http://www.ewg.org/goodfood/
- Meal plan for the $1.50 a day
    - http://thewholefooddiary.com/live-below-the-line/
- Dirty Dozen Guide for Food Additives
    - http://www.ewg.org/research/ewg-s-dirty-dozen-guide-food-additives
- Dirty Dozen & Clean Fifteen for Foods
    - https://www.ewg.org/foodnews/summary.php
- Shopper's Guide to Pesticides in Produce Downloadable
    - http://action.ewg.org/p/salsa/web/common/public/signup?signup_page_KEY=5966&_ga=1.248573191.1869169892.1442068467

Product Resources

- Beeswrap**:** www.beeswrap.com
- Cast Iron**:** www.lodgemfg.com
- Stainless School Lunch Storage**:** www.lunchbots.com
- Stainless Water Bottles**:** www.kleankanteen.com
- Dehydrator: www.excaliburdehydrator.com
- Blender: www.vitamix.com

- Palumba for Wood Dishes: www.palumba.com
- Nut Milk Bags on Amazon

Documentary Resources

- Food Matters
- Knives over Forks
- Fat, Sick, and Nearly Dead
- Fed Up (about sugar)
- Jamie Oliver
- Hungry for Change
- Vegucate

PERSONAL CARE

Our Bathrooms

	Kezia	Lauren
Shower	• Dr. Bronner's: shampoo and body wash • Apple cider vinegar rinse	• Organic shampoo & conditioner • Bar of soap made from olive oil
Bathroom Cabinet	• Deodorant: Bionsen (Amazon-European) • Face moisturizer: Gold Clover Tallow • Toothpaste: Tom's • Body moisturizer: coconut oil, tallow, or shea butter • Makeup remover: coconut oil or Dr. Bronner's • Epilator: hair removal • Perfume: essential oils • Dry shampoo: cocoa/ arrowroot	• Deodorant: homemade recipe • Face moisturizer: Gold Clover Tallow • Toothpaste: homemade powder • Hairspray: homemade recipe • Body moisturizer: coconut or olive oil • Makeup remover: coconut oil

	• Bamboo toothbrush & floss	• Bamboo toothbrush and floss
Makeup	• Lips: Dr. Bronner's Naked Beeswax lip balm • Mascara: Physician's Formula • Blush: e.l.f blush • Powder: Maybelline FIT Me Matte plus • Foundation: Maybelline Dream Liquid Mousse	• Jane Iredale foundation, blush & powder • Bare minerals eye shadow • Mascara from Local Health Food Store

*Baby & Child Products: although we don't mention this a lot in our workshop, it is a very important topic to us and you can find lots about it on both of our blogs!

- Diaper powder: organic cornstarch
- Diaper Cream: California Baby
- Moisturizer: coconut oil
- Rashes or cradle cap: Gold Clover Tallow
- Shampoo & Body Wash: California Baby or Aveeno Baby Organic

Where to Start

- Simplify!
  - Decide what you really need and don't need
- Purchase New
  - As you run out of old products start looking for healthier options
  - We especially recommend replacing products that come in full contact with your skin all day such as foundation and moisturizers
- Make Your Own
  - If you are on a tight budget, making your own is a great solution
  - You might have to try several recipes before landing on one that works for you
  - Use Google to help you find new and different recipes
  - Keep it simple. If a recipes looks hard or has ingredients you can't find, move on to a different one.
- Save for Special Occasions
  - If you have a product that you know is full of chemicals, but you just can't give up yet, save it for special occasions such as date nights.

Our Top Brands & Places to Shop

- Brands
    - Dr Bronner's: all purpose soap with MANY uses
    - Honest Beauty
    - The Honest Company
    - Fat Face Skin Care
    - Gold Clover Tallow
    - Aubrey Organics
    - Anje for perfume (www.anje.com)
    - Rocky Mountain Oils for essential oils
    - California Baby (Target)

- Places
    - Amazon
    - Target

Make Your Own

- Hairspray
    - http://www.onegoodthingbyjillee.com/2012/03/make-your-own-homemade-hairspray-and.html

- Deodorant
    - Equal amounts of cornstarch and baking soda. Add in just enough melted coconut oil to make it a paste.
    - Works amazing, but could irritate underarms after several months of use due to the baking soda. If this happens, try wiping on apple cider vinegar first then apply deodorant.

- Tooth Powder
    - Baking soda and add a small amount of stevia until the saltiness taste disappears. Sprinkle on toothbrush, and then brush!
    - Wellness Mama's website also has a great recipe

- Dry shampoo
    - Equal amounts of cocoa powder and arrowroot powder. Adjust amount according to your hair color.

Website Resources

- Environmental Working Group
  - Our #1 go-to website for anything personal care product related
  - www.ewg.org
  - Dirty Dozen for Skin Products (from David Suzuki)
- Wellness Mama
  - great informative articles and DIY product recipes
  - www.wellnessmama.com
- Skin Care Article
  - http://www.yourzenlife.com/post/how-to-create-a-toxin-free-beauty-regime
- 'A Cosmetic Detox' blog post by Kezia
  - www.thewholefooddiary.com

Book & Documentary Resources

- Stink Documentary
- Cure Tooth Decay

HOME

Our Homes

- Kitchen
    - Stainless steel, iron, or stone cookware
    - No Teflon or non-stick
    - Stainless steel utensils
    - Glass storage
    - No plastic
    - Wood dishes
    - Stainless steel water bottles & lunch containers
    - Weck or Ball jars

- Bathroom
    - Organic, neutral colored towels
    - Organic or homemade personal care products
    - Filter on showerhead

- Bedroom
    - Organic, neutral colored sheets
    - Down, wool, or cotton comforters and blankets

    - Rubber or wool mattresses
    - Down or rubber pillows
    - Wool or cotton rugs
    - Clothing: prefer cotton, wool, or silk

- Laundry Room
    - Allen's Naturally Detergent
    - Wool dryer balls
    - Vinegar based cleaning supplies

- Living Room
    - Used couch with cotton slipcover (or new couch without flame retardant)
    - Wool or cotton rugs
    - Wood furniture painted with milkpaint

Where to Start

- Take it slow
    - Take it one thing at a time
    - Check out Lauren's blog post on the Dirty Dozen of your home to know what to tackle first
- Replace once things wear out
    - Don't go out and purchase all new things
    - Replace worn out or broken items with more eco-friendly options
    - Example: when your sheets get old and ripped, replace with neutral colored organic cotton ones
- Simplify & sell
    - You can do a major clean out of rooms. Declutter and get rid of unnecessary stuff. Sell on Craigslist, eBay, or a garage sale and use the money to purchase higher quality, toxic free products

Refuse, Reduce, Reuse, Recycle

We have a high value for recycling, we try not to bring anything into our homes that cannot be reused, composted, or recycled in our house or garden. There are many chemicals in packaging and waste and if not recycled well these products end up in landfill sites, the ocean, and other places where they start to affect our environment. A term that we try to live buy when buying things like packaging or other products is, "Would I bury this in my garden?" and if not, then we try not buy it or phase it out of our normal routine. Simple changes can make all the difference, start with one thing and expand from there! Here are some tips:

- Refuse
    - Just say “no” to free or unnecessary things. E.g. Sign up for paperless billing. Don’t take the plastic wrapped ‘free’ sample.

- Reduce
    - Don’t buy as much: think quality, not quantity!
    - Think before you purchase. Do you really need this? Could something else work instead? E.g. Using a wine bottle you have around instead of buying a rolling pin.

- Reuse
    - Think before trashing! Could it have another use? Is there a way to avoid that type of waste next time?
    - Buy used instead of brand new where you can. Often products loose toxicity over time so buying used in itself is actually much healthier for you as well as the environment! Couches, rugs, and mattresses are a great example.

- Recycle
    - Check out your local recycling locations and kerbside recycling options.
        - *For Redding*
            - Take #1 & #2 plastics to any local dump
            - Bigfoot Recycle stations take any plastics
            - Metal Recycle can go to Northstate Recycling
        - Find out more about recycling in your area here: http://www.iwanttoberecycled.org/search
        - Goodwill or Salvation Army
        - Craigslist
            - You’re junk is other people’s treasure!
            - You’ll be amazed what people will want!

10 Simple Things we do to Reduce Waste

1. Store everything in mason jars instead of plastic containers or ziploc bags. (We even take mason jars with us to the grocery store bulk section.)
2. Buy bamboo compostable toothbrushes instead of plastic.
3. Use a glass, stainless steel or plastic water bottle - get rid of plastic! We love Kleen Kanteen.
4. Bring your own lunchbox, metal is the best - we use bento boxes, you can find them on Amazon or at a local health food store. Then use them for to-go food as well.
5. Buy locally, from our farmers market, local vendors and local shops. (Reducing food miles and packaging).
6. Recycle as much as we can.
7. Try to compost as much as possible.

8. Bring our own straws, (we buy bamboo/stainless steel straws!) or just say no to them.
9. We use Bees Wrap instead of plastic wrap, it's re-useable and can be moulded to whatever you need it to, here's where you can find it: http://www.beeswrap.com
10. We cancel our mail extras and say no to extra freebies that we don't need.

Cleaning Your Home

On average, each home spends $42 on cleaning supplies every month that's $504 a year! By simply reducing the number of products you own or making switches to homemade cleaners such as vinegar you won't just be saving yourself a lot of money but you will also have a purer environment, cleaner air, and you'll be handling safer products and not being exposed to toxins. A simple change can make such a difference.

- **Making Your Own Products**
  - All Purpose Cleaner
    ½ water
    ½ vinegar
    8-10 drops of essential oil of your choice
    (Works on everything except wood floors and granite or marble)

  - Granite & Stone Cleaner
    ¼ cup of rubbing alcohol
    1 tablespoon dish soap
    8-10 drops of essential oil (optional)
    Mix in spray bottle and fill the remainder of the bottle with water

  - Furniture Polish & Wood Wax
    1 part beeswax
    3 parts olive oil
    Heat beeswax in double broiler & mix in olive oil. Pour into container and let it set up. If too soft, reheat and add more beeswax. If too hard, reheat and add more olive oil.

- **Brands to Buy -** we'd encourage you to look at what's available to you locally, or to try a simple DIY option but for ideas some brands we love are:

  - General Cleaner
    - Dr. Bronners all purpose cleaner
      - Can be found at Target
    - Whole Foods all purpose concentrated cleaner
    - Arm and Hammer household cleaner powder
  - Laundry Detergent
    - Whole Foods 365 everyday value powder laundry detergent
    - Biokleen
    - Dr Bronner's Pure-Castile soap

- Bathroom Cleaner
    - Ecover bathroom cleaner
    - Green shield organic bathroom cleaner

Book, Blog, & Documentary Resources

- *Zero Waste Home* by Bea Johnson
- *Slow Death by a Rubber Duck* by Smith & Lourie
- *Stink!* Documentary
- *Dirty Dozen of Your Home*
    - www.livinghomeblog.com
- www.eartheasy.com

Product Resources

- Wood Kitchen & Toy Products: www.palumba.com
- Mattresses: www.mulliganmattress.com
- Organic Bedding: Amazon, Pottery Barn, Company Store
- Rugs: www.hookandloom.com

For Babies & Children

- Pacifiers: Natursutten or Ecopiggy on Amazon
- Stuffed Animals**:** www.ecoleeko.com
- Clothing & Blankets**:** www.littlespruceorganics.com, www.dordorgorgor.com, colouredorganics.com, Garden Kids, Soft Star Shoes, Mabo Kids, Wearpact.com
- Toys**:** Sugarplum Cottage in Redding, Check Etsy or local companies for natural untreated wood toys,
- Organic pillow fillers: www.organiccottonplus.com, wool off of Craigslist (or other local selling sites.)
- Furniture Paint**:** www.milkpaint.com
- Home Remodel Resources**:** Eco Carmel in Carmel, CA

STARTING POINTS

We really believe in slow, sustainable change. To help you find ideas of ways you can begin this journey we've identified the 3 things in each section that we would start by doing!

3 Small Things to Change in the Kitchen:

1. Choose your meal planning method and fill in a sample chart for a week!
2. Get rid of your synthetic/refined products (Artificial sweeteners, margarine, white bread and rice, candy)
3. Add one piece of fresh produce to each meal

3 Small Things to Change in the Home:

1. Make your own all purpose cleaner using vinegar recipe
2. Exchange non-stick skillet for a cast iron one
3. Change out home products as they wear out. Example: organic cotton bed sheets

3 Small Things to Change in your Personal Care Routine:

1. Moisturizer: change to coconut or olive oil
2. Use EWG to research your current product's toxicity
3. Find an aluminum-free deodorant

Start For Free!

Starting this journey, or moving forward with it, doesn't always have to cost. There are many many things we've done in our quest for health that have actually been free, or even better saved us money. Here are some ideas of places you can start your health journey without spending any extra money.

1. Purchase bulk oats, maple syrup, and cinnamon instead of packaged oatmeal
2. Soak and cook your own bulk bought beans
3. Make your own nut milk
4. Get produce from CSA instead of grocery store
5. Begin meal planning the way that best suits your style
6. Start recycling paper and glass
7. Start a compost pile
8. Create "new" meals from leftovers
9. Use reusable bags for any kind of shopping
10. Use a reusable water bottle instead of a disposable plastic one
11. Make your own beauty products
12. Make your own household cleaners

RECIPES

The recipes below are from the live workshop demos.

Nut Milk Recipe

- 1 cup raw cashews (soaked for 2 hours) **Or almonds/hazelnuts/macadamia
- 1/2 cup unsweetened coconut flakes (I use small flakes, or 1 cup large ones)
- 1 large medjool date (or two smaller ones)
- 1/4 tsp vanilla
- Pinch cinnamon
- Pinch good salt (an unrefined pink salt like this one is my taste preference)

Add all the ingredients to a blender with 3-4 cups filtered water. Blend on a medium speed until the mixture is smooth and then increase to a higher speed for 30 seconds. Depending on your blender you'll need more or less time, I use a Vitamix and I blend it for 1-2 minutes. When it's completely smooth and creamy pour the milk into a nut milk bag set in a bowl. Pull the drawstring of the bag tight and then gently squeeze the milk through the bag. When it's all through, transfer it into a jar, seal and place in the fridge. I find it lasts 2-3 days in the fridge.
You can also experiment with using less water for a more creamy milk, or different nut combos.

Basic Salad Dressing Recipe

- 1 cup olive oil
- 3 tablespoons tahini
- 1 tablespoon soy sauce or tamari
- 1 tablespoon dry parsley (optional)
- ¼ teaspoon garlic powder or 1 minced garlic clove
- salt and pepper to taste

Add all ingredients to a bowl and mix by hand or put all ingredients in a blender and blend on medium for 30 seconds to 1 minute.

Raw Pie Crust Bar Recipe

- 1 cup cashew pieces
- 1 1/4 cups oats (GF if you need)

- 1/2 cups small dates
- 3 tbs coconut oil
- 1 tsp vanilla
- 1/2 tsp cinnamon
- 1/4 salt

First boil a kettle and let the dates sit in a small bowl of boiling water so they soften nicely. Then throw the cashews and oats in the food processor with the salt and cinnamon and blend until they become like flour. When they are well ground, add in the dates one by one until they are incorporated. Now add in the vanilla and the coconut oil and blend again. The mixture will start to become stickier but it shouldn't come together in a ball. Open the processor and you should be able to squish the crumbs together and have them stick in a little piece. (Don't panic… if it does all come together in a ball, add some more ground oat/cashew mixture and blend some more… If it's not at all holding together, add in a few more dates.) Then take the mixture and pull it together with your hand and place it on a piece of baking paper. Roll it out with a rolling pin to about half and inch thick. Cut into squares.

Simple Deodorant Recipe

- ¼ cup of arrowroot or cornstarch
- ¼ cup of baking soda
- 8-10 drops of essential oils (optional)
- coconut oil

Mix powders together. Slowly add in coconut oil. You want just enough coconut oil to make the mixture turn into a thick paste. Add in essential oils. Store mixture in jar and put small amount on underarms each day.

CONNECT

We'd love to connect with you all! A huge part of the health journey is staying inspired and creating a community of people who are on the journey with you. Here's how you can stay connected with us.

Lauren
Living Home Blog

- Website: www.livinghomeblog.com
  - Sign up for the newsletter to receive weekly updates and blog posts
- Instagram: @the_living_home

Kezia
The Whole Food Diary

- Website: www.thewholefooddiary.com
  - Sign up for the newsletter to receive monthly updates and blog posts
- Instagram: @thewholefooddiary / @thewholefoodbaby
- Facebook: facebook.com.thewholefooddiary