ECO LIVING CHECKLIST

version 1.0

Your Personal Guide to Low-Impact Living - starter pack

This comprehensive checklist is your blueprint for transitioning to a low-impact life. Covering every corner of your daily routine.

Includes useful tips and swaps for your journey toward zero waste living, and conscious consumption. This checklist helps you track new sustainable habits, reminding you about sustainable choices that positively benefit the environment, while saving money too and and brings you a greater sense of peace and connection.

Whether you're at home, running errands, or planning your next holiday, this checklist is designed to be your personal eco-living reference.

Enjoy! @queenofvitality

includes

- FOOD
- CLOTHING
- HOME
- KITCHEN

excludes

- TECH
- BATHROOM
- BEAUTY
- PERSONAL
- PEOPLE
- GARDEN
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- YOUR EMISSIONS
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ECO-LIVING CHECKLIST

This is a quick ethical checklist so you can make more conscious, sustainable choices without overthinking it. It's a simple starting point, what to look for, what to avoid, and how to spot real transparency.

The full version of the Eco Living Checklist is a thorough 12-page guide with over 200 detailed checklists covering every part of ethical living. Use code CONSCIOUS10 at checkout for 10% off with this link.



food

Supermarket

- ◯ Are ingredients free from "natural flavours," E-numbers, and wax coatings?
- ◯ Is the produce organic, untreated, or clearly labelled spray-free?
- ◯ Does the brand disclose sourcing location or certification (Fairtrade, Soil Association, USDA Organic, EU Organic)?

Ethical Consumption

- ◯ Is it single-origin or bean-to-bar with traceable farms listed? Or tree-to-bar?
- ◯ Do they publish ethical sourcing online or farmer profiles? Sustainability report?
- ◯ Is packaging recyclable, compostable, or foil-free? Do they offset their emissions?

Eating Out

- ◯ Do they source locally or list farms/ suppliers? Do they know where its from?
- ◯ Ask if food is made fresh or preheated / prepackagaged.
- ◯ Notice how much comes in plastic or single-use containers — real sustainable spots serve on reusable ware.



clothes

Materials

- ◯ Is the fabric 100% natural (organic cotton, linen, hemp)? What is the country of origin?
- ◯ Are dyes and finishes non-toxic or plant-based?
- ◯ Non natural materials are: polyester, nylon, elastane (spandex/lycra), acrylic, viscose, rayon, modal, bamboo viscose, lyocell, Tencel, acetate, cupro.

Production

- ◯ Do they disclose the precise exact factory or supplier information?
- ◯ Are workers paid living wages and mentioned by name or story?
- ◯ Do they use renewable energy or water-saving systems in production?

Care

- ◯ Do you repair, resell, or reuse before replacing? (don't impulse buy!)
- ◯ Are your detergents non-toxic and biodegradable?
- ◯ Do you air out, spot clean, and line dry instead of frequent washing?



home

Cleaning

- ◯ Are cleaning products free from synthetic fragrance or SLS?
- ◯ Do you use natural alternatives like vinegar or soap nuts?
- ◯ Are refills or concentrates available instead of single-use bottles?

Furnishings

- ◯ Are materials natural (wood, cotton, linen) and formaldehyde-free?
- ◯ Is furniture secondhand or certified sustainable?
- ◯ Are paints, glues, and finishes non-toxic or low-VOC?

Energy Savings

- ◯ Do you unplug or switch off appliances at the wall when not in use?
- ◯ Do you cook with lids on pots and batch meals to save energy?
- ◯ Do you use warm LED bulbs and turn off lights in unused rooms?



kitchen

Cookware

- ◯ Is cookware free from PFAS and non-stick coatings?
- ◯ Do you use stainless steel, cast iron, or glass?
- ◯ Are utensils plastic-free (wood, metal, bamboo)?

Storage & Waste

- ◯ Do you store food in glass or stainless steel instead of plastic?
- ◯ Do you compost food scraps or freeze leftovers?
- ◯ Are wraps reusable (wax, silicone, or fabric)?

Everyday Habits

- ◯ Remember your reuseable bag everytime you go out!
- ◯ Do you batch cook or buy in bulk to reduce waste?
- ◯ Do you choose refill stores or farmers' markets where possible?

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HERE ARE SOME PUBLIC FAVES!



diet

Minimize Food Waste

- ◯ Plan your meals and shop with a list.
- ◯ Store food properly to make it last longer.
- ◯ Use leftovers and food scraps (e.g., repurpose citrus peels for cleaning products).
- ◯ Choose Local and Seasonal Produce. This reduces the carbon footprint associated with long-distance food transport. Look for Community Supported Agriculture programs or farmers' markets.
- ◯ Grow Your Own Food: Even a small herb garden or container garden can reduce transport emissions and pesticide use.
- ◯ Choose Organic: Select organic products (food and clothing) to reduce the use of harmful pesticides that pollute water and harm wildlife.
- ◯ Ask if food is made fresh or preheated / prepackagaged.
- ◯ Notice how much comes in plastic or single-use containers — real sustainable spots serve on reusable ware.



shopping

Remember the 5 R's: Refuse, Reduce, Reuse, Repurpose, Recycle

- ◯ Avoid single use purchases. If you only will use it once, then find a longer lasting alternative.
- ◯ Buy Less "Stuff": Before purchasing, ask yourself if you truly need the item.
- ◯ Ditch Fast Fashion: Avoid cheaply made, trendy clothing. Instead, buy fewer, high-quality, long-lasting items.
- ◯ Shop Secondhand: Choose to buy used clothing, furniture, and appliances to reduce demand for new production and minimize waste.
- ◯ Choose Reusable over Single-Use: Carry reusable bags, water bottles, coffee cups, food containers, and straws.
- ◯ Repair Instead of Replacing: Extend the life of items like clothing, electronics, and bikes. Look for local "repair cafés."
- ◯ Buy Products with Minimal or Biodegradable Packaging.
- ◯ Value Experiences Over Items: Give gifts of experiences (e.g., concert tickets, dinner) instead of physical possessions.



home

Energy

- ◯ Switch to LED lighting throughout your home.
- ◯ Unplug or switch off electronics when not in use (don't leave them in standby).
- ◯ Upgrade to energy-efficient appliances.
- ◯ Use a smart thermostat.
- ◯ Improve home insulation, including weatherstripping, double-glazed windows, and loft insulation, to reduce heating and cooling needs.
- ◯ Consider switching to renewable energy sources like solar panels or choosing a green energy supplier.

Water

- ◯ Turn off the tap while brushing your teeth or washing dishes by hand (or use an efficient dishwasher and run it only when full).
- ◯ Take shorter showers and avoid baths.
- ◯ Only run the washing machine when it's full.



movement

Transportation

- ◯ Drive Less: Walk, cycle, or use public transportation for short trips. This is healthier for you and the planet.
- ◯ Drive Green: Combine errands into a single trip, or consider switching to a fuel-efficient or electric vehicle.
- ◯ Limit Air and Cruise Travel: If you must fly, choose the most direct route and consider carbon offsetting. For leisure, explore local attractions and support nearby businesses.
- ◯ Shipping: Choose the slowest shipping option and combine online orders into a single shipment to reduce transport emissions and packaging.

...and remember

- ◯ Vote for Climate Action: Support candidates and policies that prioritize environmental protection.
- ◯ Bank and Invest Responsibly: Choose banks and investments that align with ethical and ecological criteria.
- ◯ Be Vocal: Engage in conversations, share information, and inspire others to take action.

Like this? Click here for the Full
Eco Living Checklist at a discounted rate



Sustainable & Ethical Brands Directory

Clothing:
Biodegradable Clothing | Bras & Underwear | Demin | Hemp Clothing | Linen Clothing | Regenerative Organic Certified® Cotton

Electronics:
Phones | Laptops | Cases

Food:
Chocolate | Legumes | Nuts

Home:
Beddings

Shoes:
Biodegradable Shoes