

*Simply Non-Toxic Mama*

# Simple Non-Toxic Kitchen Swaps

Easy changes for a healthier home –  
without overwhelm

*Includes a printable kitchen swap checklist*



"Simple swaps. Big impact.  
One swap at a time."

*Simply Non-Toxic Mama*

Hi friend,  
If you've ever stood in the middle of Target or Amazon wondering whether anything in your kitchen is actually safe... you're not alone.

After my cancer diagnosis, I started paying closer attention to the products we used every day — especially in the kitchen where we cook, eat, and gather as a family.



What I discovered was overwhelming at first. Plastic. Nonstick coatings. Artificial fragrances. Harsh cleaners. Hidden toxins everywhere.

But here's the good news: You do NOT have to replace everything overnight.

Low-tox living is about progress, not perfection.

This guide will help you make simple, realistic kitchen swaps that can reduce toxin exposure without draining your budget or your sanity.

Let's start small together.

*~Simply Non-Toxic Mama*

# Simple Non-Toxic Kitchen Swaps

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# Why Focus on the Kitchen?

The kitchen is one of the biggest sources of daily toxin exposure because it involves:

- heat
- food contact
- plastic storage
- cookware coatings
- cleaning chemicals

The good news? Small changes can make a big difference over time.

Focus on:

- reducing plastics
- avoiding PFAS/nonstick coatings
- switching to glass, stainless steel, and wood
- using fragrance-free cleaners

Remember: every swap counts.



“—————

*“One step at a time. You’ll get there.”*

—————””

# Feeling overwhelmed? Start here.

If you're feeling overwhelmed, start with these 5 swaps:

- ✓ Stop microwaving plastic
- ✓ Replace scratched nonstick pans
- ✓ Switch to glass food storage
- ✓ Upgrade your water bottle
- ✓ Filter your drinking water

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“—————

*Remember: Progress over perfection.*

—————”

## Swap #1:

Nonstick Pans →

Stainless Steel, Ceramic-Coated or Cast Iron



### Why swap?

Traditional nonstick pans may contain PFAS (“forever chemicals”), which can release harmful fumes and particles when overheated.

### Better options:

- stainless steel
- cast iron
- ceramic-coated cookware from trusted brands

### Beginner Tip

Pans can be expensive. Start with just ONE frying pan replacement.

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# Swap #2: Plastic Food Storage → Glass Containers



## Why swap?

Plastic containers can leach chemicals into food, especially when heated.

### Better options:

- glass containers
- silicone bags
- mason jars

### Budget Tip:

Reuse pasta sauce jars for leftovers and pantry storage.



## Swap #3: Plastic Cutting Boards → Wood Boards or Stainless Steel Boards

### Why swap?

Plastic boards can shed microplastics into food over time.

### Better options:

- solid wood cutting boards  
(Maple, teak or walnut)
- stainless steel cutting boards
- Titanium cutting board

### FYI

Wood boards are beautiful and long-lasting. Stainless steel cutting boards will dull knives, but are more sanitary for meat.

## Swap #4: Plastic Utensils → Wood, or Stainless Steel



### Why swap?

Heat can break down plastic utensils during cooking.

### Better options:

- wooden utensils
- stainless steel tools
- silicone rated for high heat
- BPA-free silicone spatulas

### What I personally Use

Wooden utensils can take a little time to get used to, but I personally prefer them over stainless steel options. They're gentler on cookware, while stainless steel utensils can scratch pans if you're not careful. Make sure silicone is food-grade!

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## Swap #5:

# Teflon Bakeware → Stainless Steel, Glass or Silicone

### Why swap?

Scratched nonstick bakeware can wear down over time. The non-stick coating releases toxic fumes when overheated and degrades into microplastics when scratched.



### Better options:

- stainless steel sheet pans
- glass baking dishes
- uncoated muffin tins
- silicone

### Caution

Silicone can only be heated up to 450 degrees before it can begin to release toxins. Use silicone at lower temperatures.

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# Swap #6: Plastic Measuring Cups & Spoons → Stainless Steel



## Why swap?

Plastic measuring tools can wear down over time and may come into contact with hot foods and liquids.

### Better options:

- stainless steel measuring cups
- stainless steel measuring spoons
- glass measuring cups

### What I personally use

Stainless steel measuring cups and spoons last forever, clean easily, and don't absorb odors or stains. I use glass measuring cups for liquids.



## Swap #7: Plastic Mixing Bowls → Glass or Stainless Steel

### Why swap?

Plastic bowls can scratch over time and hold onto odors and stains.

### Better options:

- nesting stainless steel bowls
- glass mixing bowls

### Best Feature

When choosing stainless steel bowls, I prefer ones with a non-slip grip on the bottom. Without it, the bowls can slide around while mixing and make cooking more frustrating.

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## Swap #8: Plastic Water Bottles → Stainless Steel or Glass



**Why swap?** Heat and repeated use can cause plastic bottles to break down over time.

**Better options:**

- insulated stainless steel bottles
- glass water bottles with silicone sleeves

**Beginner Tip** Start with the water bottle you use most often. If your water bottle has a plastic straw, don't forget to swap out with a metal straw.

# Swap #9: Unfiltered Tap Water → Filtered Water

## Why swap?

Water quality varies by location and may contain contaminants such as chlorine, lead, PFAS, pesticides, or other impurities. A good filtration system can help reduce many of these concerns.

## Better options:

- Water filter pitcher
- Countertop filtration system
- Under-sink filtration system
- Reverse osmosis system
- Stainless steel water filter dispenser

## Beginner Tip

A simple water filter pitcher is an affordable place to start if you're not ready for a larger filtration system.



# Swap #10: Disposable Plastic Baggies → Reusable Silicone Bags



## Why swap?

Disposable plastic baggies are convenient, but reusable silicone bags can help reduce waste and cut down on everyday plastic use in the kitchen.

### Better options:

- Reusable silicone bags
- Food-grade silicone snack bags
- Glass containers with lids
- Mason jars

### What I personally use

I use reusable silicone bags for snacks, leftovers, and meal prep. They're easy to wash, reusable for years, and help reduce disposable plastic waste.

# My Low-Tox Kitchen Checklist

*Print this page and check off swaps as you make them!*



- [Nontoxic pan Set](#)
- [Cast iron pan](#)
- [Glass food storage containers](#)
- [Mason jars](#)
- [Wood Cutting Board](#)
- [Titanium cutting board](#)
- [Stainless steel measuring cups](#)
- [Glass measuring cups](#)
- [Wooden utensils](#)
- [Silicone spatulas](#)
- [Stainless steel water bottle](#)
- [Glass baking dish](#)
- [Stainless steel baking set](#)
- [Glass food prep bowls](#)
- [Stainless steel mixing bowls](#)
- [Water filtration system](#)
- [Silicone reusable bags](#)

**SHOP ALL HERE**

[For more ideas, go to simplynontoxicmama.com](https://www.simplynontoxicmama.com)

*Affiliate links may be included.*

Choose one change. Then  
another. And another.

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## Final Thoughts



You don't need a perfectly non-toxic kitchen to make meaningful changes.

Small swaps made consistently over time can have a big impact.

Choose one change.

Then another.

And another.

Give yourself grace as you learn and grow.

Remember:

Simple swaps. Big impact. One swap at a time.

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# FREE BONUS

Want more  
*low-tox* swaps?



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