



VIP DETOX CHALLENGE: DAY 3

DETOX YOUR FOOD STORAGE

Detoxing the Heart of Your Home: Simple, Powerful Kitchen Swaps

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TODAY...

I'm going to help you identify everyday sources of plastic and food-related toxins in their kitchen and feel empowered to swap out key items without guilt or waste.



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WHY PAY ATTENTION TO THE KITCHEN?

The kitchen is one of the highest-risk areas for toxin exposure—not just via what we eat, but how we store and prep food. Tools and surfaces can leach chemicals or harbor pathogens, silently undermining wellness.



DETOX FOOD STORAGE

AVOID

Avoid plastic storage containers, including BPA-free plastics—they can still leach other chemicals, especially under heat or wear.



TOSS

Anything you're not using or that has scratches should be removed immediately.



BETTER CHOICES

Glass | Stainless Steel | Beeswax | Bamboo |
Compostable | Organic Cotton



CUTTING BOARDS



Plastic boards shed microplastics while cutting—studies show millions of plastic particulates transferred into food—and support chemical leaching (BPA, phthalates, formaldehyde)

Beware "bamboo": many boards are glued composites releasing formaldehyde.

Best Options:

Choose **solid hardwood** boards (e.g. maple, walnut), **titanium, natural rubber, stone, glass,** or **food-safe silicone** based on your needs.

Care habits: hand-wash, sanitize with vinegar or diluted bleach per USDA, oil wooden boards regularly (5–7×/year), and replace or resurface badly grooved boards.



SMALL APPLIANCES & TOOLS



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PAY ATTENTION TO MATERIAL

Many appliances contain plastic or aluminum components in contact with food, and often have non-stick coatings that can emit PFAS or other toxins.



ELIMINATE UNUSED ITEMS

If you don't use it any more, recycle it, donate it or throw it out. And if items have scratches, this is definitely a reason to throw them out as they will leach more toxins into your food.

SIMPLIFY& PLAN

Most of us have appliances and gadgets that we don't even need in our space or use frequently. See if there's anything you can pair down and then make a list of items you plan to replace that are made of toxic materials.

AVOID THE MICROWAVE

Harmful EMF and RF waves are emitted from the microwave and breakdown food to be less nutrient. Instead of microwaving use your stove top, toaster oven or even an instant pot or crock pot to warm food.





HEALTHY KITCHEN HABITS

- Run vented fans when cooking
- Wipe up spills immediately
- Allow dishes and dishwasher to dry completely
- Clean your sink daily



NEXT STEPS

Download your workbook and see if you can complete the following before Day 4:

- Run your vented fan while cooking today or tonight
- See if you can go all day without using your microwave
- Explore more detailed guidance in the Healthy Home Blueprint



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