



What did your fifth grade teacher always used to say?

The Bite

"Appearances can be deceiving," Mrs. Klein always used to say, and it absolutely holds true for the perfectly good-looking wood in kitchen cabinets, which sometimes contain nasty chems. We bet Mrs. Klein's gonna be ecstatic when she hears that eco-options are now available.

The Benefits

- Human-friendly. **Go for cabinetry produced without the use of urea formaldehyde**, which is used as a bonding agent in most particleboard. Urea formaldehyde continues to offgas into the air even after it's dry.
- Eco-friendly. **32% of US lumber consumption goes to making cabinets and furniture**, so choose sustainably-harvested wood certified by the [Forest Stewardship Council \(FSC\)](#).
- **Your teacher will be so proud.**

Personally Speaking

None of the Biter Team members have redone their cabinets with eco-friendly materials, but when Jen was at WRI she admired the cabinets made from agricultural straw waste. (She also really admired the hottie who ran their sustainable enterprise department.)

Wanna Try

- [WRI Offices](#) - see a short video with links to product manufacturers.
- [Neil Kelly](#) - hey, good lookin'! One of the first eco-friendly cabinetmakers knows style. Actually made from wheat, it's super-durable.
- [Teragren](#) - designed using [bamboo](#), one of the world's most sustainable materials.
- [Meditate II](#) - if you're into constructing your own cabinets, try this formaldehyde-free wood fiber particleboard, or find a cabinetmaker who does.
- [Ideal Bite's Cheap Filtration Tip](#) - if you've got particleboard cabinets with no plans to replace 'em, install some air filtering plants for a quick fix.

This tip was reviewed by [Penny Bonda](#), Ideal Bite Expert Panelist.