



SUSTAINABLE SWAP

MAKE YOUR OWN TOOTHPASTE

Ingredients:

1 tsp fine sea salt

3 tsp baking soda

1/4 cup organic coconut oil

5 drops of peppermint essential oil (optional)

Directions:

1. Combine salt and baking soda in a glass jar
2. Melt the coconut oil and add to dry ingredients. Stir with a fork to combine.
3. Store in a cool, dark place for up to 3 weeks.

DID YOU KNOW?

On average, it takes 500+ years for a toothpaste tube to decompose in the landfill. Try making your own toothpaste at home to help combat this waste!



SUSTAINABLE SWAP

MAKE YOUR OWN ALL-PURPOSE SURFACE CLEANER

Ingredients:

2 cups of citrus peels (lemon or orange)

2 cups distilled white vinegar

Water

Directions:

- 1. Fill a jar with your choice of citrus peels and pour vinegar over top.**
- 2. Seal jar tight and let sit for 1 week.**
- 3. Strain out the peels and place them in the compost.**
- 4. Fill a spray bottle halfway with the citrus infused vinegar and fill the other half with water.**
- 5. Time to clean!**

DID YOU KNOW?

There are several benefits to using your own homemade cleaning products such as, they have a lower environmental impact, are not toxic to your health and can help save money!