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Since everyone uses toothpaste at least twice a day, I choose to make toothpaste! In grade 5 of elementary school we learned how to make it simply from using baking soda, water, and essential oils! Almost everyone has baking soda around their house, and it is very cheap. Cheap, easy, whitens your teeth, and stops bad breath all at the same time! I stored my toothpaste in plastic Tupperware containers so they could easily be washed and reused.

I chose to use arm and hammer baking soda because baking soda has no additives and even conventional baking soda is not harmful to your health.

I used spearmint Young Living essential oil because it is safe for consumption, organic, and fights bacteria (which is important for toothpaste!). Spearmint is also naturally sweeter than peppermint.

I used water as the mixer, but if I had more money, I would use coconut oil to suspend the baking soda in the liquid.

First, you put baking soda in the containers. Next, add a tiny bit of water and keep stirring and adding water until you reach a consistency you like. Finally, add 10 drops of spearmint to the container.



One for me and one for my roommate!

Ingredients prior to mixing!

To convince my roommate why baking soda toothpaste is worth a try, I made a PowerPoint!

Baking Soda Toothpaste!

Project Green Challenge 2019



What's wrong with my toothpaste?

- Conventional Toothpaste contains...
 - Triclosan, a carcinogen!
 - Polyethylene Glycols, common allergens and carcinogens!
 - *Fluoride*, which can damage teeth by making them too strong, and thus brittle!



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Why Baking Soda?

- Baking soda whitens teeth
- Baking soda is cheap! (less than \$1 per box!)
- Baking soda removes plaque
- Baking soda reduces bad breath!



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Benefits of Spearmint

- Naturally sweeter than peppermint, so toothpaste tastes better!
- Kills bacteria
- Leaves your mouth feeling fresh!
- Can even help increase respiratory health!



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How is this good for the planet?

- You can use your own storage container!
- Toxic chemicals do not get rinsed down the drain!
- Toxic chemicals are not released into the atmosphere during production!



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My roommate found it really interesting that fluoride actually can be bad for your teeth by making them too strong! She also thought it was cool that my spearmint I used can fight bacteria.

My roommate tried the baking soda toothpaste I made for her, and she seemed to be a little more open to switching than before I shared my PowerPoint, but she told me she would stick to her own toothpaste. She said the baking soda makes it taste funny

and feel weird, which I understand takes some getting used to! I will continue to encourage her to use my baking soda toothpaste, at least every once in a while.