

Greenest-Day 7-Body

Team: save.the.planet

Username: Eva.grdina

School: Mulgrave School

Check our list of [DIY body care recipes](#) to replace a conventional one or peruse ideas for [DIY cleaning products](#). Think about the products you use most often. Which would be easy to replicate? What ingredients might you have on hand? Could you add an essential oil for a natural scent you love? Document the process with photos and/or video, and respond to the following:

- What recipe did you choose?
- How did you select ingredients? Could you source any organically?
- What did you put your product in? A repurposed container? Plastic-free? Upcycled jar?
- Post a photo and description on Instagram to show off your handmade eco creation! Tag [@TurningGreenOrg](#) and [#PGC2022](#), so we can get in on the good clean fun.

Step 1: Add softened coconut oil



Step 2: Add baking soda



Step 3: Add stevia powder and mix well



Step 4: Add desired essential oils (I used peppermint)

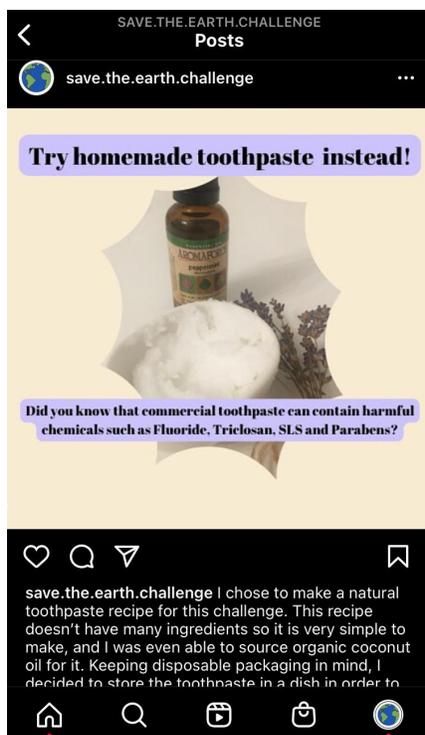


Finished product:



I chose to make a [natural toothpaste recipe](#) for this challenge. This recipe doesn't have many ingredients so it is very simple to make, and I was even able to source organic coconut oil for it. Keeping disposable packaging in mind, I decided to store the toothpaste in a dish in order to limit the waste.

Instagram Post:



Now it's time to share your DIY product with a friend, housemate or family member. Explain why you chose to make this product, let them try it (or watch you use it), and share 3 facts that you learned from this body challenge. Capture their responses to the following:

For this part of the challenge I asked my sister to test the toothpaste and here are her responses:

- Did your DIY product work?
 - “Yes I think that it worked quite well, it is minty just like normal toothpaste”
- Were they surprised by any of the facts?
 - “I was surprised about how clean my mouth felt after using it, I thought it would just be oily because it has coconut oil.”
- Will they follow your lead and take a look at ingredients in their own current products?
 - “I will probably follow your lead and try using this homemade toothpaste for a while, especially after you explained all the bad ingredients in normal toothpaste”
- Are they open to switching to more conscious products?
 - “Yes I think I would be open to switching but those products are usually more expensive I would think”