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## ● DAILY TASK

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**What recipe did you choose?** - I have chosen The “ZERO WASTE, COCONUT-OIL FREE TOOTHPASTE” From the page of

<https://wildminimalist.com/blogs/news/diy-zero-waste-toothpaste-without-coconut-oil>

### ✚ **How did you select ingredients? Could you source any organically?**

selecting the ingredients for this DIY toothpaste recipe, there is a mix of dry and wet components, each serving a specific purpose. Let's break down the choices:

#### 1. **Baking Soda (4 tbsp):**

- **Selection Reasoning:** Baking soda is a common ingredient in DIY toothpaste due to its mild abrasive properties, helping to clean and polish teeth.
- **Organic Sourcing:** Baking soda is often available in organic forms, and it's commonly found in organic sections of grocery stores.

#### 2. **Aloe Vera Gel (2 tbsp):**

- **Selection Reasoning:** Aloe vera is likely included for its soothing properties and potential benefits for oral health.
- **Organic Sourcing:** Aloe vera gel can be sourced organically, and it's advisable to choose organic options to avoid potential pesticide residues.



#### 3. **Bentonite Clay (1 tbsp):**

- **Selection Reasoning:** Bentonite clay is known for its ability to bind to toxins, and it might be included for its cleansing properties.
- **Organic Sourcing:** Bentonite clay is available in organic forms, and choosing organic ensures a higher-quality product.

#### 4. **Water (1 tsp):**

- **Selection Reasoning:** Water is a common ingredient to adjust the consistency of the toothpaste.

- **Organic Sourcing:** Water itself isn't typically labeled as organic, but you can use filtered water to avoid impurities.

#### 5. Peppermint Oil (1 tsp):

- **Selection Reasoning:** Peppermint oil is added for flavor and its natural antiseptic properties.
- **Organic Sourcing:** Essential oils, including peppermint oil, can be found in organic varieties. It's recommended to choose organic oils for purity.



**Organic Sourcing Considerations:** These products are produced without synthetic pesticides, herbicides, and other potentially harmful chemicals. Organic sourcing aligns with the principles of clean and sustainable living.

🧩 **What did you put your product in? A repurposed container? Plastic-free? Upcycled jar?**

**Repurposed Glass Jar:** Using a glass jar from finished products, such as jam or pickles, is a great way to repurpose and reduce waste. Glass is recyclable and doesn't leach harmful chemicals into the toothpaste.



#### Final Product:

