Making our Own Cleaning Supplies

Lesson 11

Purpose: To teach students how to make a variety of cleaning supplies that are healthy for the environment, are easy to make at home and cuts down on plastic waste.

These lessons take two 1 1/2-2hour sessions. We divided the students into groups (we mixed older and younger students). We created 8 groups with two groups at each station. They completed 4 cleaning supplies station each week.

We created bins for each station that included a material list, the equipment, the recipe and the supplies. Students were responsible for unpacking the bin, dividing up materials between the two groups, making that recipe and cleaning and putting items properly back into the bin at the end of the class.

We booked our multi-purpose room that had a small kitchen, a microwave, two stoves, two sinks, and a dishwasher.

Items were purchased with money from our RDN grant. This equipment remains in our kitchen to be used by other teachers and this year’s program.

If you are making cleaning supplies with one class, you will only need one of each item in the equipment list. If you are working with two classes, you will need two of each item.

**Materials:**

**Shampoo Bar (You will need two of each equipment item for two classes):**

Equipment: Ingredients:

\*silicone mold \*coconut oil

\*Heat source \*mango butter

\*mixing spoon \*beeswax

\*measuring cup \*apple cider vinegar

\*measuring spoon \*essential oils (rosemary, mint, eucalyptus oil,

\*double boiler lavender)

\*Infused rosemary, mint, bay oil \*bay leaves

(made in advance)

 Students have a choice of essential oils but should follow the recipe for this one. See recipe link.

<https://schisandraandbergamot.com/shampoo-bar-without-lye/>

**All Purpose Cleaner (You will need two of each equipment item for two classes):**

Equipment: Ingredients:

\*glass jars (purchased on Amazon) \*filtered water

\*measuring cup \*white vinegar

\*measuring spoons \*lemon juice

 \*essential oils (lemon, Thieves, rosemary, mint

 Eucalyptus, bergamot, etc.)

Students were given the choice of essential oils to use. See recipe link below.

<https://www.goodgirlgonegreen.com/homemade-cleaners-using-vinegar/>

Note: We purchased the glass jars with our RDN grant money to send home to families as a legacy item. We hope students will refill and reuse for years to come.

**Dish Soap Bars (You will need two of each equipment item for two classes):**

Equipment: Ingredients For Fruit Leather:

\*soap mold \*shea butter and pour soap base

\*double boiler \*grapefruit

\*heating source \*grapefruit essential oil

See recipe link.

<https://schisandraandbergamot.com/grapefruit-dish-soap-bars-recipe/>

**Toothpaste (You will need two of each equipment item for two classes):**

Equipment: Ingredients For Potatoes:

\*small glass mason jars \*coconut oil

\*measuring spoons \*baking soda

\*mixing bowl \*food grade essential oil (mint, sweet

\*mixing spoon Orange, watermelon, vanilla, etc.)

 \*stevia

Mix together baking soda, coconut oil, essential oil and stevia. Spoon into jar.

See recipe link.

<https://dentistinsanmarcosca.com/blog/homemade-toothpaste-recipes-earth-day>

**Hand and Body Soap (You will need two of each equipment item for two classes):**

Equipment: Ingredients For Potatoes:

\*wooden craft sticks \*goatmilk soap base

\*microwave safe measuring cup \*aloe vera soap base

\*silicone soap mold \*coconut butter soap base

\*coffee grinder \*oatmeal and shea butter soap base

 \*chamomile soap base

 \*green tea soap base

 \*lavender soap base

 \*olive oil soap base

 \*rose petals, dried lavender

\*dried lemon, oranges, limes (from the dehydration station of the cooking program)

\*oats, sand, coffee grounds/beans

\*micah powder

\*loofah

\*essential (a wide variety)

This recipe is where we want the kids to have fun! They can choose their own soap base, add ins and essential oils to make a signature bar of soap.

See recipe link.

<https://www.lemonslavenderandlaundry.com/make-soap-without-lye/>

**Bath Bombs (You will need two of each equipment item for two classes):**

Equipment: Ingredients For Potatoes:

\*measuring cup \*baking soda

\*small bowls (one for each student) \*citric acid

\*mixing spoon \*essential oil (student’s choice)

\*bath bomb mold \*soap colouring/micah powder

 \*water

See recipe link.

<https://www.creativegreenliving.com/search?q=bath+bombs>

**Body Lotion (You will need two of each equipment item for two classes):**

Equipment: Ingredients For Potatoes:

\*small glass mason jars \*coconut oil

\*measuring spoons \*shea butter or cocoa butter

\*mixing cup \*sweet almond oil

\*mixing bowl \*vegetable glycerin

\*mixing spoon \*rose water

\*double boiler \*essential oils

\*heat source

\*hand held blender

See recipe link.

<https://www.greenify-me.com/2019/09/zero-waste-body-lotion.html>

**Lip Balm (You will need two of each equipment item for two classes):**

Equipment: Ingredients For Potatoes:

\*lip balm containers \*beeswax pellets (food grade)

\*mason jars (one per student in group) \*cocoa butter, or shea butter

\*heating plate or mango butter

\*craft sticks \*coconut oil

\*measuring spoons \*essential oil of choice

With this recipe, students can make their own flavour of lip balm. Instead of heating the ingredients in a double boiler, each student can mix the ingredients in a mason jar and place onto the hot plate to melt. They can then transfer the liquid mixture to their lip balm containers.

See recipe link.

<https://wellnessmama.com/beauty/homemade-lip-chap/>

<https://athomewithzan.com/homemade-baby-kid-friendly-calming-body-lotion/#google_vignette> Without rose water

The basic formula for a lip balm is 1/3 hard oils (oils/butters that remain solid at room temperature.) 1/3 soft oils (oils that remain liquid at room temperature) and 1/3 wax.

Some examples:
Hard Oils: Shea butter, Cocoa butter, Kokum butter, Mowrah butter, palm oil.

Soft Oils: Olive oil, Canola oil, Almond oil, Avocado oil, Grapeseed oil.

Waxes: Beeswax, Soy wax, Candelilla wax, Carnauba wax.

We are planning to purchase a gift bag for each student. They can them put all their new products into the gift bag to give as a family gift.