

Squeaky Green

Recipe Book!!

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Background Information:

It is important to stay clean to protect your health, but the way most people do it now harms the environment and people around us. We created Squeaky Green to eliminate the use of a dangerous chemical called Triclosan that is negatively altering our watershed, The South Saskatchewan River Basin.

The South Saskatchewan River Basin is the watershed we and 1.7 Million other people rely on. It provides us with water to drink, water for recreation, water to build things in our city, water for our animals, etc. It has so many jobs to perform and it's important that we keep Triclosan out of it so it remains clean.

Triclosan is an anti-bacterial and anti-fungal chemical found in personal care products like soap, hand sanitizers and shampoo. Every time we use these products triclosan is flushed into the ecosystem. Triclosan can affect animal's reproductive systems, human hormones and cause cancer. We found this information alarming, so we created Squeaky Green!

This recipe book was made so you can help protect our watershed by creating your own Squeaky Green.

Squeaky Green is an organic and triclosan-free alternative for keeping yourself and the environment clean! Our shampoo, hand sanitizer and hand soap are fantastic ways to ensure that the only things you are getting rid of are the germs on your hands!



Help us protect our beautiful river from Triclosan!

Squeaky Green: Orange Hand Sanitizer

Ingredients:

- 5-10 drops of orange essential oil
- 30 drops tea tree essential oil
- 1 Tablespoon witch hazel extract or high-proof vodka
- 8 ounces 100% pure aloe vera gel
- $\frac{1}{4}$ teaspoon Vitamin E oil

Instructions:

Add essential oil (for scent), tea tree oil and Vitamin E oil (to preserve shelf life and soften hands) in a small container and swirl to mix. After that, add in your witch hazel or alcohol to your mixture and swirl again. Finally, add this mixture to the Pure Aloe Vera gel to finish off. Shake well before each use.

Tips and Tricks:

- You can swap out orange essential oil if you prefer another scent.
- Tea tree oil is very strong. If you are sensitive to it, use a citrus essential oil to eliminate the strong scent as much as possible.
- Your Squeaky Green hand sanitizer will last a minimum of 7 months, so only make what you need.
- Recycle old bottles and use them for your Squeaky Green.

Squeaky Green: Lemon Hand Soap

Ingredients:

- 6 cups of water
- Half a bar of grated Castile Soap (113g bar)
- $\frac{1}{2}$ tsp liquid oil like olive or almond
- 20 drops of lemon essential oil

Instructions:

Set the water in a pot and place on the stove to boil. While the water is boiling, grate the castile soap with a cheese grater. When the water is finished boiling, take it off of the heat and add the grated soap. After the soap is dissolved in the boiling water, set to cool. After that,

add your lemon essential oil and olive/almond oil. Finally, pour your soap into a foaming or non-foaming soap dispenser and voila!

Tips and Tricks:

- You can swap out lemon essential oil if you prefer another scent.
- The soap will foam if you put it in a foaming dispenser and shake it.
- Recycle your old soap containers for your Squeaky Green.
- Shake before each use.

Squeaky Green: Coconut Vanilla Shampoo

Ingredients:

- 1/2 cup coconut milk
- 1/2 cup liquid castile soap
- 1 tsp coconut oil
- 1 tsp vanilla extract
- 10 drops vanilla essential oil

Instructions:

Mix all ingredients in a medium sized bowl and swirl well. Put your finished soap in a shampoo bottle and it's ready to use! To use: gather toonie size amount of product in your hand and apply to hair. Lather and rinse.

Tips and Tricks:

- You can swap out vanilla essential oil if you prefer another scent.

- Squeaky Green Shampoo will last 2 months, so only make what you'll use.
- Our shampoo works for all types of hair (oily, dry, curly, etc.) and both men and women!

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CONTACT US:

If you have any questions, concerns or suggestions please email us

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