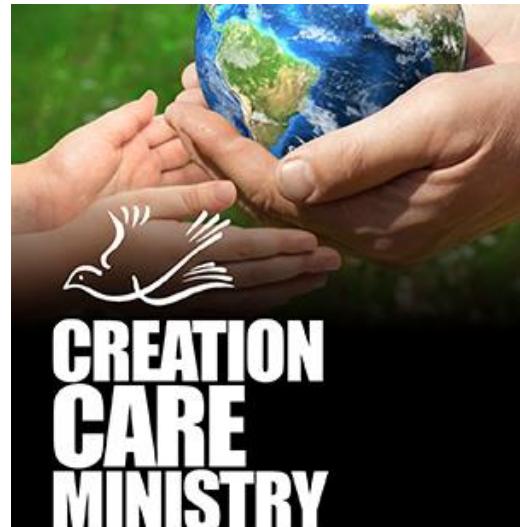


This week our Creation Care attention is focusing on the bathroom. There are many ways we can help preserve our planet by making different choices in this area of our lives. Not all of us are aware that not only are most floss containers made out of plastic, but most of the floss itself is plastic. How many trees are cut down to provide us with toilet paper. How many toxic chemicals from our cleaning agents find their way into the water table or local streams. How many plastic toothbrushes are floating in the ocean. There are alternatives.

Bathroom:

- **Toilet paper.**
 - Switch to bamboo. There are two schools of thought. The plus is that bamboo is sustainable. A possible negative is that most bamboo comes from Asia so it has to be shipped to the U.S.. Although some statistics suggest that a cargo ship from Asia to California has a smaller carbon footprint than a semi-truck from Georgia to California as it takes many trucks to move the same load as one container ship.
 - Switch to products made from recycled paper. The positive is obvious. The negative is that many people think they can recycle store receipts (which are not recyclable - the paper may have been treated with carcinogens) and this paper may have found its way into the toilet paper.
- **Install a bidet**
- **Shampoo and conditioner.**
 - Use Bar Soap and Conditioner. The Good Food Store carries bar shampoo and conditioner. Natural Grocers carries shampoo bars. Not only are most soap bars free from all of the additives in liquid shampoo, but they are wrapped in paper, rather than plastic. Some feel that since the natural soap does not contain all the additives in liquid shampoos, conditioner is not necessary.
 - You can also purchase shampoo and conditioner in bulk, provide your own container and reuse it.
- **Moisturizers and lotions.** Purchase in bulk, provide your own container and reuse it.
- Use **powder or tablet toothpaste.** You can purchase Colgate toothpaste powder from Amazon (comes in a can) or toothpaste bits from many companies (few are listed at end of this list).
- Buy **toothbrushes** with bamboo handles and plant-based bristles.
- **Floss.** Replace Colgate, Glide, floss (plastic floss in plastic packaging) with natural floss (silk, activated charcoal) in cardboard packaging. The Good Food Store carries several products.

- Buy plastic free, natural **deodorants.**
- **Shower.**
 - Use a low-flow shower head.
 - Take shorter showers.
 - Turn off the water while you lather up.
 - Turn down the water temperature.
- **Cleaning.** Please check the cleaning section on this website for tips.



**Taking a more active
role as Creation
Caretakers**

- **Recycle**
 - Nordstrom sponsors a recycling program for any cosmetic (any beauty products) containers through TerraCycle. Return them to any Nordstrom. Although we don't have a Nordstrom, save them up for your next trip to Spokane or Seattle. Perhaps become a drop-off point to collect these if you travel regularly to cities with a Nordstrom. The containers do not have to be empty.
 - Colgate has a recycling program for dental products with TerraCycle. You simply mail your old/used products to TerraCycle and they recycle them. Although sponsored by Colgate, you can mail in non-Colgate products. www.terracycle.com
- **Cleaning.** Please check the cleaning section on this website for tips.
- **Websites:**
 - <https://zerowastecartel.com/products/> Bamboo toothbrushes, shampoo bars, nonplastic produce bags, and other products. They also use part of your purchase price to plant trees with a goal of planting 30,000 trees in 2021.
 - <https://ecoroots.us/collections/bath-beauty> Shampoo bars, deodorants, shaving soap and safety razors, many more products.
 - [Natural Household & Personal Care Products](#) This takes you to a section of "The Grove Collaborative" website. Bamboo toilet paper, soap bars, charcoal toothbrushes and toothpaste, other products. Toothbrushes made from recycled ocean plastic. They are not yet plastic free (goal is 2025) but are plastic neutral which means they offset any plastics in their products through their partnership with Plastic Bank.
 - https://bitetoothpastebits.com/products/mint?utm_campaign=gs-2019-06-27&utm_source=google&utm_medium=smart_campaign&gclid=Cj0KCCQiA4feBBhC9ARIsABp_nbXt6IKCs4Uun32o3Ub-w-bAO6ARwas150XUiE2H-o-XGn-VtCzCAA0aAi2hEALw_wcB Toothpaste bits in a glass jar.
 - <https://bitetoothpastebits.com> Toothpaste bits and mouthwash bits in a glass jar. Floss in a jar.
 - [aria toilet paper](#) Bamboo toilet paper and paper towels. Products arrive completely plastic free.