

# Totally Tubular

## Active & Healthy Living



EXPLORE



MEETING

3 GOOD HEALTH  
AND WELL-BEING



12 RESPONSIBLE  
CONSUMPTION  
AND PRODUCTION



### What You Will Discover

Find out how to make your own natural toothpaste and try a cool alternative to store-bought tubes.

### The Adventure

Have you ever thought about making your own toothpaste instead of buying it from the store? Well, now's your chance to find out how to create a more sustainable and natural alternative and skip the plastic, single-use tubes! Choose your own natural flavour (like licorice, mint or vanilla) and find the best consistency. Find the perfect reusable container to store your new toothpaste in.



It starts with Scouts.

## Plan

- How do you make homemade toothpaste?
- What do you need to make your toothpaste?
- What flavouring will you choose?
- What will you store your toothpaste in?

## Do

**#ScoutsDoStuff:** Share your favourite toothpaste recipe with a younger Section, your community, or with your friends and family!

## Review

- How did you get a good consistency for your toothpaste?
- What was your favourite part about making the toothpaste?
- What was the best flavour?

## Safety Note

- Ensure your toothpaste recipe calls for ingredients that will help protect your teeth and gums like regular toothpaste does. Your toothpaste should not replace a store-bought one for regular brushing.
- Check with your friends to make sure no one has any **allergies**.

## Try this

### Keep it Simple

Make a few toothpaste flavours as a Lodge, Lair or Patrol to see which flavour is best and how to get the perfect consistency! Test out the toothpastes. While you're at it, look for alternative toothbrushes, like recycled plastic or bamboo.

### Take it Further

Does your community know the effects of single-use plastic? Do they know how long a tube of toothpaste stays on the planet, even after it's empty? Be an advocate in your community for more natural and sustainable alternatives for everyday items—from toothpaste to toothbrushes!

