

# Get Crafty! Do-it-Yourself Recipes



## Safe & Gentle Resuable Diaper Wipes



### YOU WILL NEED:

Old fabric to cut into wipes

Scissors

Small bag or basket

Clean empty spray bottle

1-2 teaspoons non-toxic liquid castile soap, such as Earth Mama or Dr. Bronner's

1-2 cups of water

Cut squares of fabric into 8-inch x 8-inch wipes. Keep them together in a small bag or basket near your diaper changing area. Next, add 1-2 teaspoons of liquid soap to the spray bottle, and fill the rest with water. Replace cap tightly on spray bottle and shake well to mix soap and water. When you need a diaper wipe, pull out a piece of fabric, spray it with the mix, wipe, and wash it with your laundry when you're done!

Note: If you are using disposable diapers and are feeling squeamish about throwing poopy wipes in your laundry hamper, try just using them with wet-only diapers, with disposable wipes at the ready for messier diapers.



## Sweet Potato and Melon Mash Baby Food



### YOU WILL NEED:

1 cup cooked organic sweet potato diced & peeled

1 cup organic cantaloupe melon, diced

1/4 cup natural yogurt

In a food processor, blend together the melon and sweet potato. Add the yogurt and blend for a further 30 seconds. Puree all ingredients together in a food processor. For a little extra zing, try adding a dash of cinnamon. You can also combine sweet potato with butternut squash, carrots, bananas, or homemade applesauce.

Note: Sweet potato freezes well, so you can make these dishes in bulk and store them in your freezer in ice cube trays. Then you'll have easily de-frostable kid-sized portions whenever you need them!

From: [www.homemade-baby-food-recipes.com](http://www.homemade-baby-food-recipes.com)

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## Non-Toxic Bug Repellant



### YOU WILL NEED:

- 1 to 25 drops essential citronella oil
- 2 tablespoons vegetable olive oil
- 1 tablespoon aloe vera gel (optional)
- Jar for storage

Combine the ingredients in a glass jar. Shake to blend. Dab a few drops on your baby's skin or clothing.

Note: You can use this on mom's skin, too!



From: [care2.com](http://care2.com)



## Clean and Fresh Laundry Detergent



### YOU WILL NEED:

- 1 cup soap flakes
- 1/2 cup washing soda
- 1/2 cup baking soda
- 1-2 tbsp. oxygen bleach (optional for extra whitening)

Make soap flakes by grating your favorite pure vegetable soap with a cheese grater. Mix ingredients together and store in a glass container. Use 1 tablespoon per load (2 for heavily soiled laundry), wash in warm or cold water.

This standard recipe can be adjusted for **soft water** by using 1 cup soap flakes, 1/4 cup washing soda and 1/2 cup baking soda. For **hard water**, use 1 cup soap flakes, 1 cup washing soda, and 1 cup baking soda.

Note: This recipe can be safely used in HE washers.

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## Detox Your Body: Grapefruit Sugar Scrub for Mom



### YOU WILL NEED:

1 to 1 1/2 cups  
organic white table sugar

8 drops grapefruit  
essential oil

1/4 cup jojoba oil

1/4 cup non-toxic  
liquid castile soap, such as  
Earth Mama or Dr. Bronner's

Jar for storage

Place sugar into a large bowl and stir to break up any clumps. Add the essential oil. Add the jojoba oil and castile soap next, a little at a time, stirring after each addition. Mix well and pour into clean container.

To use, stand in the tub or shower and massage the sugar scrub onto your skin. Rinse. Enjoy!

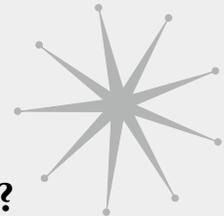
Note: Leftover jojoba oil makes a great moisturizer on its own!  
*From [www.safercosmetics.org](http://www.safercosmetics.org)*



## Non-Toxic Shopping Guide



### WHERE CAN YOU FIND SAFER PRODUCTS?



Visit [www.womensvoices.org/green-momma-parties](http://www.womensvoices.org/green-momma-parties)  
for a list of resources

**WARNING:** It should be noted that some people can be highly sensitive to essential oils. If you or your family members are affected by essential oils, avoid recipes that contain these ingredients.