



# Supply List



---

## Safe & Reusable Diaper Wipes

<i>Ingredients</i>	<i>Buying for 5 People</i>	<i>Buying for 10 People</i>
Scissors	2 or 3 scissors	3 to 5 scissors
Small bag/basket	5 bags/baskets	10 bags/baskets
Spray bottle	5 spray bottles	10 spray bottles
Liquid castile soap	2 fluid oz /10 tsp	4 fluid oz /20 tsp

## Sweet Potato and Melon Mash

<i>Ingredients</i>	<i>Buying for 5 People</i>	<i>Buying for 10 People</i>
Sweet potato	3 potatoes/5 cups	6 potatoes/10 cups
Melon	2 melons/5 cups	4 melons/10 cups
Organic yogurt	8 oz /1 ¼ cup	15 oz /2 ½ cups

## Grapefruit Sugar Scrub

<i>Ingredients</i>	<i>Buying for 5 People</i>	<i>Buying for 10 People</i>
Organic white table sugar	43 ounces/7 ½ cups	86 ounces/15 cups
Grapefruit essential oil	1 fluid oz bottle	1 fluid oz bottle
Jojoba oil	10 fluid oz /1 ¼ cup	20 fluid oz /2 ½ cups
Liquid castile soap	10 fluid oz /1 ¼ cup	20 fluid oz /2 ½ cups
Jar	5 jars	10 jars

## Clean and Fresh Laundry Detergent

<i>Ingredients</i>	<i>Buying for 5 People</i>	<i>Buying for 10 People</i>
Washing soda	17 oz/2 ½ cups	34 oz/5 cups
Baking soda	17 oz/2 ½ cups	34 oz/5 cups
Soap flakes	36 oz/5 cups	72 oz/10 cups
Oxygen bleach (optional)	10 tbsp	20 tbsp
Jar	5	10

## Non-Toxic Bug Repellant

<i>Ingredients</i>	<i>Buying for 5 People</i>	<i>Buying for 10 People</i>
Citronella essential oil	1 fluid oz bottle	2 fluid oz bottles
Vegetable/olive oil	5 fluid oz/10 tbsp	10 fluid oz/20 tbsp
Aloe vera gel (optional)	2.5 fluid oz/5 tbsp	5 fluid oz/10 tbsp