If you usually use a shampoo that comes in a plastic bottle, consider switching to one that comes in a bar. Shampoo and bodywash bottles are examples of single-use plastic because they get discarded when empty. Even if they get recycled, it’s still better for the environment if less plastic is used to begin with. The production of plastic releases harmful gases into the air. Many companies are now creating shampoo that looks like a bar of soap. You rub it between your hands and then rub the lather into your hair. If you are using bodywash from a bottle, trade that for a bar of soap, too.

DID YOU KNOW?
Coconut trees need sandy soil and abundant sun and rain to thrive.

Blend up a coconut smoothie

**Ingredients**
- Half a banana
- 1 cup frozen pineapple
- 1 cup coconut milk
- 2 Tablespoons canned cream of coconut
- Optional, for garnish: two fresh pineapple wedges, two maraschino cherries, and a sprinkle of toasted coconut chips

**Instructions**
1. Place the banana, frozen pineapple, coconut milk, and cream of coconut in a blender. Blend until smooth.
2. Evenly divide the smoothie between two glasses. If making the garnish, cut a slit on the side of two pineapple wedges. Thread each drink with coconut chips. Makes 2 servings. Enjoy immediately.

**Helpful tips**
- The cream of coconut in this recipe is not the same as canned coconut cream. Cream of coconut is often used in desserts and is sweeter and has a stronger flavor than canned coconut cream. You can find it in the international section of most grocery stores. One common brand to look for is Coco Lopez.
- Frozen fruit, like the pineapple in this recipe, is a great ingredient for smoothies, and it’s easy to keep on hand because it doesn’t go bad as quickly as fresh fruit does.

Make your own snow slime

Whether it’s snowy or not where you live, follow these steps to make some white stuff this winter.

1. **Gather ingredients.** You only need two ingredients — 16 ounces of cornstarch and one cup of body lotion or hair conditioner. You may already have them at home.
2. **Mix it up.** In a large bowl, combine the cornstarch with the lotion or conditioner. Mix them together with your hands. You want the mixture to be sticky enough so you can mold it into shapes, but not so sticky that it doesn’t come off your hands. Add more cornstarch if the mixture is too sticky. Add more lotion if it’s too dry.
3. **Play with it.** Place your snow on a big tray or container. Mold the snow into balls to make tiny snowmen, or make a winter scene by adding toy figurines. Store the snow in a container with a lid and take it out another day. It should last for about a week.