

Tar Jar Recipe

2 quart clear jar
1 quart dark molasses

Pour the quart of molasses into the jar. Add empty pack of cigarettes and cigarette butts for visual. Seal jar tightly.

Attach a label that says:

“This jar represents how much tar filters through a smoker’s lungs if they smoke a pack of cigarettes a day for 1 year.”

Phlegm Jar Recipe

1 quart clear jar
1 ¼ cups LA Looks Mega Mega Hold (9) styling gel (yellow)
½ cup LA Looks Mega Hold (8) styling gel (green)
¼ cup cocoa butter lotion (light brown in color)
1/3 cup brewed coffee
1 tiny pinch of oatmeal flakes (for chunk effects)

Stir all ingredients together. Adjust the amount of ingredients as needed to achieve desired effect. Pour into quart jar and seal jar tightly.

Attach a label that says:

This jar represents the amount of phlegm a person with emphysema or COPD may have to cough up each day to clear their lungs so they can breathe.

Modified from <http://www.ndtobaccopreventionsummit.com/TarandPhlegmRecipes.doc>