

Additional Tips & Tricks:

INGREDIENTS TO AVOID:

chlorine bleach
ethols
petroleum-based products – furniture polish, high-strength cleaners
phosphates – laundry powders
paradichlorobenzine – toilet deodorizers
sodium hypochlorite – bleaches
artificial musks - air fresheners (liver toxin)
formaldehyde
perchloroethylene (PERC) – dry cleaning

COMMERCIAL PRODUCTS TO REPLACE:

laundry products with phosphates
air fresheners
heavy duty cleaners
toilet bowl cleaners and deodorizers
drain cleaners
oven cleaners
antibacterial soaps (contribute to resistant strains)

GREEN CLEANING: Homemade Recipes, Tips, and Tricks



You can create a safer and healthier indoor environment and protect ecosystems by reducing your use of toxic chemicals and replacing them with homemade solutions that work just as well for a fraction of the cost!



**Master Composter
Recycler**

www.columbiasprings.org/mcr

What You'll Need:

Baking Soda (dissolves dirt, grease; neutralizes odors; mild abrasive)

Washing Soda (Similar to baking soda but stronger)

Borax (fungicide, anti-bacterial, bleaching agent)

White Vinegar (natural grease cutter, deodorizer)

Lemons (pleasant smelling citric acid, degreaser, and disinfectant)

Natural liquid soap (vegetable based)

Hydrogen Peroxide 3% (powerful disinfectant, bleaching agent)

Olive oil (wood conditioner, polish)

So where do I find this stuff?

-Your neighborhood grocery store should carry all of these products, just ask! If you have trouble finding any of these items, check your local natural foods store.

Why should I make my own cleaners?

-Because it will save you money and keep you and the environment safe from harmful chemicals. Homemade recipes cost a fraction of store bought cleaners and often times you won't need more than a few tablespoons of any one ingredient. Additionally, using homemade cleaners reduces the presence of harmful toxins in your home (see "Ingredients to Avoid") that can cause eye and respiratory irritation, liver and kidney damage, and pollute rivers and streams.

Tips & Tricks:

For an abrasive cleaner, use baking soda or a non-chlorinated scouring powder such as Bon Ami.

Grease cleaner

Mix vinegar and salt together for a good surface cleaner. This mixture will remove grease if the vinegar is at full strength.

Disinfectants

For kitchen cutting boards and bathroom fixtures, use a spray of distilled white vinegar followed by a 3 percent peroxide spray. Wipe clean.

Rubbing alcohol also is a disinfectant. It is extremely flammable; use in a well-ventilated area far from possible sources of ignition. Wear nitrile gloves. Apply with a sponge and allow to dry

Crayon mark remover

To remove crayon marks from walls, floors, counters, cabinets and furniture, rub area with toothpaste and a damp cloth. Do not use on non-vinyl wallpaper.



Recipes!

ALL PURPOSE CLEANER

3 cup hot water
1 tsp borax or washing soda
2 Tbs white vinegar
a few drops of tea-tree oil (a natural antiseptic)
¼ cup liquid soap (vegetable oil based)

Mix everything but soap in a spray bottle and shake. Add soap last. Mix gently. Apply and wipe clean. Good for counter-tops, floors, walls, woodwork, appliances, etc.
For really big jobs, combine 1/2 cup distilled white vinegar, 1/4 cup liquid soap and 2 gallons of warm water in a pail and stir to blend.

WINDOW GLASS CLEANER

3 cup warm water
¼ cup White vinegar
½ tsp dishwashing liquid if windows have buildup of commercial cleaner, dirt, salt, etc
2 Tbs lemon juice for scent (as well as additional cleaning ability), or 2 drops essential oil

Mix ingredients and store in a spray bottle. Use as you would any glass cleaner .
Tip: Invest in a squeegee. It is a great tool for cleaning windows. A razor blade also is a good tool for scraping off dirt or paint before cleaning.

TUB AND TILE CLEANER

1 2/3 cups baking soda
½ cup liquid soap
2 Tbs vinegar
½ cup water
a few drops essential oil (optional – lavender is nice)

Mix soda and soap. Add water, then add vinegar, oil. Store in a squirt-top bottle and shake before using. Rinse thoroughly to avoid leaving a residue.

AUTOMATIC DISHWASHER DETERGENT

2 cups baking soda
2 cups borax

Use 2 Tbs per load

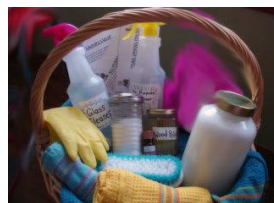
FURNITURE POLISH

1 cup strong tea
½ cup olive oil
1 tsp vanilla extract
2 tsp lemon juice or a few drops of essential oil

Shake well, apply with soft cloth, rubbing until tackiness disappears

SANITIZER FOR COUNTERTOPS, CUTTING BOARDS, BATHROOM SURFACES

Spray with undiluted hydrogen peroxide. Spray with undiluted white vinegar. Wipe clean.



MOLD CLEANER

2 cup water, 2 tsp tea-tree oil. Spray, scrub.
1 cup water, 1 cup vinegar: Spray, let stand 5 minutes and scrub.

OVEN CLEANER (not for self-cleaning ovens – try on racks)
Equal parts salt, baking soda, water. Mix, spread, leave overnight, wipe.

DRAIN CLEANER

Pour ½ cup baking soda into drain. Follow with ½ c vinegar. Plug drain. Wait 15 minutes. Pour 1 qt boiling water into drain

FIBERGLASS TUB AND SHOWER CLEANER

½ cup borax with enough vinegar to make a paste. Rub until clean, rinse.

BATHROOM, SINK, AND TOILETBOWL CLEANER

Baking soda – use as you would Comet, Ajax, etc.
White vinegar
Washing soda – stronger than baking soda
Borax – even stronger

TUB AND TILE CLEANER

1 2/3 cups baking soda
½ cup liquid soap
½ cup water
2 tsp vinegar.

Apply, scrub and wipe.

LAUNDRY

Grass stain remover:

Rub with plain bar soap (no moisturizers)
1. or – hydrogen peroxide
2. or – rubbing alcohol

Laundry stain removers

Hydrogen peroxide. Place stained area into bowl. Spray HpO onto stain, let stand 1 hour.

Laundry spot remover

¼ cup borax
2 cups cold water

SOFT SCRUB

1/2 cup baking soda
3-4 Tbs vegetable-oil-based liquid soap
Combine to make a frosting-like mixture
Add 15 drops of essential oil(optional)

Scoop the mixture onto a sponge and scrub the bathtub, sinks, Formica countertops or shower stall. Rinse.

