

## GREEN & CLEAN

To get a home that is truly clean, rather than covered in toxic chemicals, try making your own non-toxic cleaners at home. It's easy! Basic ingredients found in your kitchen can be used to make non-toxic cleaners for your different cleaning needs.

Five basic ingredients serve as the building blocks for many safe home cleaning needs:

- **Baking Soda** - Cleans and deodorizes. Good scouring powder.
- **Borax** - Cleans and deodorizes. Excellent disinfectant. Softens water. Available in laundry section of grocery store.
- **Soap** - Biodegrades safely and completely and is non-toxic. Available in grocery stores and health food stores. Sold as liquid, flakes, powder or in bars. Bars can be grated to dissolve more easily in hot water. Insist on soap without synthetic scents, colors or other additives.
- **Washing Soda** - Cuts grease and removes stains. Disinfects. Softens water. Available in laundry section of grocery store or in pure form from chemical supply houses as "sodium carbonate."
- **White Vinegar or Lemon Juice** - Cuts grease and freshens.

### RECIPES FOR NON-TOXIC ALTERNATIVES

#### General Cleaners

##### Household Cleaner

###### **Mix together:**

1 tsp. liquid soap (castile, peppermint)

1 tsp. borax

Squeeze of lemon

1 qt. warm water

**OR**

¼ c. baking soda

½ c. borax

½ c. vinegar

1 gal. water

For surfaces that need scouring, try moist salt or baking soda and a green scouring pad.

##### Window Cleaner

###### **Mix together:**

2 tsp. vinegar

1 qt. warm water

**OR**

2 tbsp. borax

3 c. water

Rub dry with newspaper to avoid streaking.

##### Disinfectant

###### **Mix together:**

¼ c. borax

½ gal. hot water

## Kitchen/Bathroom Cleaners

### Oven Cleaner

**Mix together:** ¼ c. baking soda

2 tbsp. salt

Hot water, as needed to make a paste.

Let paste sit for 5 minutes. Caution: Keep off wires/heating elements.

**OR**

2 tbsp. liquid soap (castile, peppermint)

2 tsp. borax

1 qt. warm water

Spray on oven and wait 20 minutes, then clean. For tough stains, scrub with very fine steel wool and baking soda.

### Drain Cleaner

**Pour together:** ½ c. borax in drain followed by

2 c. boiling water

**OR**

¼ c baking soda down the drain, followed by

½ c. vinegar

Cover drain and let sit for 15 minutes. Follow with 2 qts. boiling water.

**OR**

Use a plumber's "snake" and boiling water.

### Toilet Bowls

**Pour:** ¼ c. baking soda into bowl and drizzle with vinegar.

Let sit for ½ hour. Scrub and flush. Add borax for stains.

### Air Fresheners

Commercial fresheners work by masking smells, coating nasal passages and deadening nerves to diminish sense of smell. Instead:

- Find source of odors and eliminate them;
- Keep house and closets clean and well-ventilated;
- Grow lots of house plants;

**Simmer:** Cinnamon sticks

Orange peel, cloves

To absorb odors, place 2 to 4 tbsp. baking soda or vinegar in small bowls in refrigerator and around the house and pour ½ cup baking soda in the bottom of trash cans.

### Ceramic Tiles

**Mix together:** ¼ c. vinegar

1 gal. warm water

### Basin, Tub, and Tile

**Mix together:** ½ c. baking soda

2-3 tbsp. liquid soap (castile, peppermint)

### Garbage Disposal Freshener

**Grind** ice and lemon or orange juice in the disposal.

### Mildew Remover

**Dissolve together:** ½ c. vinegar

½ c. borax in warm water.

Apply with sponge or spray bottle.

## Floors

### Rugs/Floors

**Sprinkle** corn meal, baking soda or cornstarch on dry rugs and vacuum. Use club soda or soap-based rug shampoo.

### Carpet Cleaning Foam

**Mix together:** ¼ c. vegetable oil-based liquid soap

3 tbsp. (or more) water

Whip ingredients in bowl with egg beater. Rub foam into problem areas of the rug. Rinse well with water.

### Floors

**Mix together:** ½ c. white vinegar

1 gal warm water

Polishing with skim milk after floor is dry will make the floor glow!

## Furniture

### Furniture Polish (Wood Surfaces)

- **Rub toothpaste** on wood furniture to remove water marks.
- **Polish wood** with 2 tsp. lemon oil and 1 pint mineral oil in spray bottle. Spray, rub in and wipe clean.
- Mix two parts olive oil to one part lemon juice. After rubbing the mixture in, let stand for several hours and then polish with a soft, dry cloth.
- Melt 1 tbsp. carnauba wax into two pints mineral oil. Use sparingly and rub hard.

## Metal Polishes

### Silver Polish

**Soak:** 1 qt. warm water

1 tsp. baking soda

1 tsp. salt

small piece of aluminum foil

OR

Rub toothpaste on silver, let it dry and rinse off.

### Copper Cleaner

**Rub** lightly with fine table salt wetted with vinegar and lemon juice.

### Chrome

Rubbing alcohol, or a small amount of ammonia with hot water. Also try white flour in a damp rag.

### Brass

Equal parts salt and flour, with a little vinegar.