

## Common Ingredients and their Benefits...

**White Vinegar:** can remove mildew and some stains, deodorizes, and cuts grease.

**Baking Soda:** Acts as a non-abrasive cleaner and deodorizer.

**Lemon:** is a very strong food acid and can combat most household bacteria.

**Cornstarch:** can polish furniture, clean windows and clean carpets and rugs.

**Salt:** Scours and cleans.

**Club Soda:** Removes stains and is good for cleaning glass and ceramic.

**Liquid Soap:** Unlike detergent, which is made from synthetic materials, soap is made from lye and fats. If you have soft water, liquid soap can be used for laundry. If you have hard water, biodegradable detergents without perfumes are available.

**Essential oils and extracts:** some essential oils, such as tea tree, lavender, and clove, make great antiseptics. Grapefruit seed extract also works great

## Why use a homemade cleaner?

*Commercial cleaners can not only be expensive, they can be toxic and act as an irritant to those who use them. Some effects include sinusitis, allergies, asthma and bronchitis. They are of particular concern to long-term health. Additionally, the environmental impacts from manufacturing these products can be significant.*

Sources:

<http://www.care2.com/greenliving/five-basics-for-nontoxic-cleaning.html>

<http://www.ecomall.com/greenshopping/coamerica.htm>. Excerpts from Karen Logan's book Clean House, Clean Planet, Pocket Books, 1997.



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## Homemade Cleaning

*Easy, Non-toxic  
Recipes for Cleaning  
your Home*



# Recipes

**Glass Cleaner:** Plain club soda makes a great glass cleaner, otherwise, try this mixture:

Mix 2 teaspoons of white vinegar with 1 liter of warm water. Be sure not to put too much vinegar in the mixture as it will etch and cloud the glass if the solution is too strong.

**Furniture Polish:** Use one part white vinegar to three parts olive oil to polish your furniture. You can also add a little natural lemon  oil to your mixture.

**Rust Remover:** Sprinkle salt on the rust, squeeze plenty of lime juice over the salt and leave for two to three hours and scrub off. Use the lime rind as a scrubber.

**Earth Scrub™ Tub and Tile Cleaner:** Mix 1 2/3 cups baking soda with 1/2 cup of liquid soap in a bowl. Dilute with 1/2 cup water. Add 2 tablespoons of white vinegar. Stir with a fork until there are no more lumps. Put mixture into a squirt top bottle (reuse an old bottle top from your commercial cleansers). Shake well before each use.

## Air Fresheners:

-mix baking soda and lemon juice and put out in small dishes to freshen the room and absorb odors.

-Have houseplants! Houseplants help reduce odors.

-Put out a small container of fresh coffee grounds.

-Use dried flowers and herbs around the room to provide fragrance.

**Mold:** Bleach works well against mold, however it can also be a strong irritant. Instead, mix one part hydrogen peroxide to two parts water in a squirt bottle and spray affected area. Let sit for one hour or more and rinse.

**Carpet Stains:** Use a mix of equal parts white vinegar and water in a spray bottle. Let the mixture set on the stain for at least 15 minutes and clean using warm, soapy water.

**Drain Cleaner:** Heat (not to boiling) a half cup of salt with a gallon of water and pour down the drain. For tougher clogs, pour a half cup of baking soda down the drain. Next pour a half cup of vinegar down the drain. Wait 15 minutes and pour in boiling water to clean out any residue.