

# “Clean Green” for a Healthy Home



## What You Need to Clean Green:

- **White distilled vinegar**, a cleaner that cuts grease. Found in the salad dressing aisle.
- **Lemon juice**, a mildly acid-forming fruit juice that will help fight germs/grease.
- **Baking soda**, a cleanser that gets rid of smells, scours, and increase soap’s power. Found in baking aisle.
- **Borax**, a powder that cleans, deodorizes, and disinfects. Found in laundry aisle.
- **Castile soap**, a soap made from vegetable or olive oil, NOT animal fat.
- **Vegetable oil-based liquid castile soap**, a soap that is good for the earth and gets things clean! Substitute vegetable oil-based dish soap in half quantity. Found in cleaning products aisle.
- **Olive oil**, a safe product to use in place of wood polish.
- **Salt**, a non scratching abrasive cleanser that fights germs.
- **Distilled water**, instead of tap water. Because it does not contain the minerals found in tap water, it will improve the power of cleanser.
- **Essential oils**, which are strong, plant fragrances. They smell nice, and some fight germs and fungus, and repel bugs.
- **Washing soda**, boosts the power of detergent. Found in laundry aisle.

## What is Green Cleaning?

“Green” cleaning means using products that are non-toxic, inexpensive and really clean.

## Why Clean Green?

The EPA estimates that Americans spend 90% of their time indoors. Indoor air pollutants are 2-5 times higher than those of outdoor air, and most come from cleaning products! Green cleaning saves you money, makes your home healthier, and protects our water and nature from harmful chemicals.

## Getting Started

These recipes offer ways to make household cleaning products that are safe for you, your loved ones, and the earth. Please read on to find out what you’ll need, and see warnings.

## Warnings - Read These First!

Never make household cleanser in an old cleaning bottle. The ingredients could react with old contents. When using a recipe, order matters. Always follows the directions to avoid soap clumping and other reactions.

**Borax** can bother you eyes and is harmful if swallowed. *Keep away from children and pets.*

Avoid direct contact between **pure essential oils** and skin, eyes, or surfaces. They can harm your skin and remove paint or finish. Use a small amount, and *keep away from children and pets.*

#### **ALL-PURPOSE SPRAY CLEANER NO. 1:**

- 1-16oz. spray bottle
- 1 teaspoon Borax
- 2 tablespoon vinegar
- ¼ cup vegetable-oil based soap
- Hot water
- A few drops of essential oil (optional)

**How to make:** Add Borax to hot water in 16 oz. spray bottle, cap, and shake until Borax is dissolved. Add vinegar and shake. Then add soap and oil.

#### **ALL PURPOSE SPRAY CLEANER NO. 2:**

- 1 tablespoon vegetable-oil based soap (½ tablespoon if using vegetable-oil based dish soap)
- Warm water

**How to make:** Dilute soap with warm water.

\*Tip – If there is a film after using, wipe surface with vinegar water mixture.

#### **TOILET CLEANSER NO. 1:**

- ½ cup unscented castile soap
- 2 cups of baking soda
- ¼ cup water
- 2 tablespoons vinegar

**How to make:** Mix unscented castile soap and baking soda together. Dilute with ¼ cup water and two tablespoons vinegar. Mixture will begin to foam. Mix and pour into a squirt bottle. Squirt inside the toilet bowl, under the rim and scrub with a toilet brush. Rinse and deodorize bowl with vinegar.

#### **TOILET CLEANSER NO. 2:**

- ¼ to ½ cup of baking soda or Borax

**How to make:** Sprinkle baking soda or Borax in and around the toilet bowl. Allow to stand for a few hours or overnight. Using a toilet brush, scrub the surface clean and flush the toilet.

\*Tip-Use a wet pumice stone to remove tough stains.

#### **WINDOW/GLASS CLEANER NO. 1:**

- 1 part water
- 1 part vinegar

**How to make:** Fill a spray bottle one quarter of the way with warm water. Pour vinegar in until bottle is three-quarters of the way full, cap, and shake. Finish filling with warm water, cap, and shake again.

\*Tip – Use a dry cloth or paper rag to avoid streaks.

#### **WINDOW/GLASS CLEANER NO. 2:**

- Club soda

**How to make:** Fill a small spray bottle with plain club soda. Spray onto window or glass surface, and wipe.

#### **ALL PURPOSE LAUNDRY SOAP:**

- ½ cup baking soda
- ½ cup powdered castile soap
- ¼ cup washing soda
- ¼ cup Borax
- 4 drops of essential oil of choice

**How to make:** Mix all items listed above. Use ¼ - ½ cup per load.



### **SCOURING POWDER:**

- 1 cup baking soda
- 1 cup Borax
- 1 cup salt

**How to make:** Mix well and put in a jar with a tight-fitting lid and punch holes in the top. Cover with plastic wrap when not using. Use as any other scouring powder.

\*Tip- If this leaves a film, wipe surface with vinegar-water mixture.

### **WOOD FLOOR CLEANSER:**

- 1 cup vinegar
- Warm water

**How to make:** for mopping, pour vinegar in a bucket, and add very warm water. Or, fill spray bottle with 50/50 solution of water and vinegar. Spray on floor and wipe with clean rag or mop.

### **NON-WOOD FLOOR SURFACE CLEANSER:**

- 2-3 drops of castile soap
- Warm water

**How to make:** Add 2-3 drops of castile soap in a bucket and fill with warm water. Mop as usual.

### **OVEN CLEANSER:**

- Baking soda
- Water

**How to make:** using spray bottle, coat with water. Sprinkle bottom of oven with baking soda to cover, then dampen bottom of oven with more water from spray bottle. Let sit overnight and scrub out stains. For the sides of oven, make a paste with baking soda and water and spread all over.

\*Tip – For a really dirty oven, sprinkle with baking soda and wet the soda own with a spray bottle filled with 50/50 vinegar and water. Use a scrub pad to remove build-up. (The mixture will fizzle.)

### **PEST MANAGEMENT:**

- ½ cup Borax
- ¼ cup flour

**How to make:** Mix well and put in a jar with tight-fitting lid and punch holes in the top. Sprinkle the powder along the baseboards and door sills.

This information is provided as a community service of ARCHS' St. Louis Area Communities Against Toxics (SLACAT) Community Partnership.

For more information refer to [www.stlarchs.org](http://www.stlarchs.org).

