

Ways to clean green

Follow these steps to take you through every room of your home, using them to help you make it less toxic and more green.

1. Make all your own cleaning products
2. Make sure your home is well ventilated.
3. Vacuum and dust at least twice a week as many pollutants stick to dust. Use a vacuum with a hepa filter.
4. Keep plenty of house plants in every room of your home to improve air quality.
5. Know which plastics are safe and which are not for storing food.
6. Avoid as much PVC (AKA vinyl) as possible.
7. Avoid particleboard furniture/cabinets.
8. Have an energy audit, making sure that you get your home well-insulated for the cooler months.
9. Know exactly what you can and cannot recycle in your area.
10. Start composting

Try these recipes for homemade laundry detergent; you can feel good about cleaning green and probably save money while you do it! (HE Washer safe)

Powdered Laundry Detergent

1 cup Washing Soda

1 cup 20 Mule Team Borax

1 bar soap

Slice soap into strips and run through food processor to make "soap beads".

Combine soap beads, borax, and washing soda.

Done!

Use 1-2 tablespoon for small loads, 3-4

tablespoons for large loads.

(more or less depending on your water quality)

Liquid Laundry Detergent

Ingredients:

1C Borax Natural Laundry Boost

1C Arm & Hammer WASHING Soda

1 Bar of (Laundry) Soap, such as Fels-Naptha, but any bar of soap should work (think Dove or Ivory)

Essential Oil (if desired)

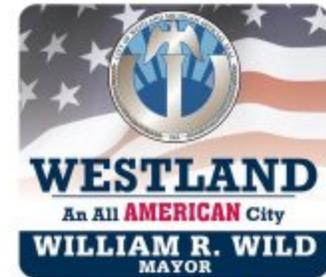
5 Gallon bucket

Containers for your detergent

Directions:

Grate the bar of soap (use a cheese grater). Put the soap into a saucepan with 6 Cups of water. Heat the soap and water, stirring until the soap has melted. Add 1 Cup of Borax and 1 Cup of the Washing Soda. Stir until dissolved. Pour 1 Gallon of hot water into the 5 Gallon Bucket. Remove the saucepan from the heat and pour contents into the five gallon bucket. Stir well to combine. Add another 3 ½ Gallons of Hot Water to the mixture in the bucket and stir well. You may now add your Essential Oil if you are using one.

Pour your detergent into the containers you collected. Let it sit for 24 hours. It should thicken somewhat. Shake well before using. Suggested amount per load is ½ Cup.



Environmentally friendly ways to clean your home

BASIC INGREDIENTS FOR NON-TOXIC CLEANER RECIPES

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

1. **Baking Soda** - Cleans and deodorizes. Softens water to increase sudsing and cleaning power of soap. Good scouring powder.
2. **Borax** - Cleans and deodorizes. Excellent disinfectant. Softens water. Available in laundry section of grocery store.
3. **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.
4. **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."
5. **White Vinegar or Lemon Juice** - Cuts grease and freshens.

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
Water

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.

Rugs/Floors

Rug and Upholstery Cleaner

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!

NOTE: as with any new cleaning product that you are not familiar with, test first in an inconspicuous spot to check for colorfastness.