

LESS-TOXIC CLEANING RECIPES FOR THE HOME

INGREDIENTS

- **Lemon juice or white vinegar:** Cuts grease and grime.
NOTE: Don't use undiluted vinegar if you have asthma.
- **Liquid soap:** Free of antibacterial (triclosan) or sodium lauryl sulfate (detergent). Castile soap is a good option.
- **Baking soda:** Removes stains and grime, acts like scouring powder.
- **Hydrogen peroxide (3% solution):** Works like a disinfectant and removes stains.
- **Microfiber cloth:** Damp microfiber removes dirt and germs.
- **Scrub brush:** Helps remove stains and grime.

RECIPES

ALL-PURPOSE CLEANER: COUNTERTOPS, FLOORS, APPLIANCES, WALLS AND MORE

- Liquid soap and warm water; lemon juice optional.
- Liquid soap, 1 tbsp. baking soda, lemon juice and water.
- 1 part white vinegar and 1 part water.

SINK, TUB AND TILE

- Creamy scrub: 2 cups baking soda, half cup liquid soap and some lemon juice.
- Mix liquid soap, baking soda and 2 capfuls of hydrogen peroxide (3% solution).
- Soapy water and a good scrub brush.

TOILET

- Sprinkle bowl with baking soda, then drizzle with vinegar, let soak for 30 minutes and scrub with brush.
- Wipe toilet seat with hydrogen peroxide (3% solution).
- Mold and mildew remover
- Allow white vinegar to sit on moldy surface, then clean with hot soapy water.
- Mix liquid soap, baking soda, and 2 capfuls of hydrogen peroxide. Apply to surface for 30 minutes, then clean with soapy water.



Lemon Juice



Baking Soda



Microfiber Cloth

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White Vinegar

RECIPES

WINDOWS, GLASS AND MIRRORS

- Wipe with a damp microfiber cloth.
- 1 part white vinegar or lemon juice and 1 part water.

DRAIN CLEANER

- Pour half cup baking soda down drain and follow with half cup vinegar. After 15-30 minutes, follow with 2 quarts boiling water.

OVEN CLEANER

- Apply paste of 1/4 cup baking soda, 2 tbsp. salt and hot water and let sit 5 minutes, then clean with scrub brush.

AIR FRESHENER

- Ventilate well, especially when cooking, bathing and cleaning. Use kitchen and bathroom fans.
- Stick cloves into an orange.
- Sprinkle baking soda in bottom of garbage cans.
- Simmer cinnamon sticks, water and orange peel or cloves.



Baking Soda



Hydrogen Peroxide 3% Solution