

# Green, Clean, Healthy Living 201

## Laundry Recipes

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Brought to you by the Master Composter Recyclers of  
Clark county



# Meet your instructors

Kristen Clark and Becky Lindsay  
Master Composter Recyclers



# Why should you make your own cleaners?

- Cheap
- Safer
- Easy

# Why are You Taking the Class?

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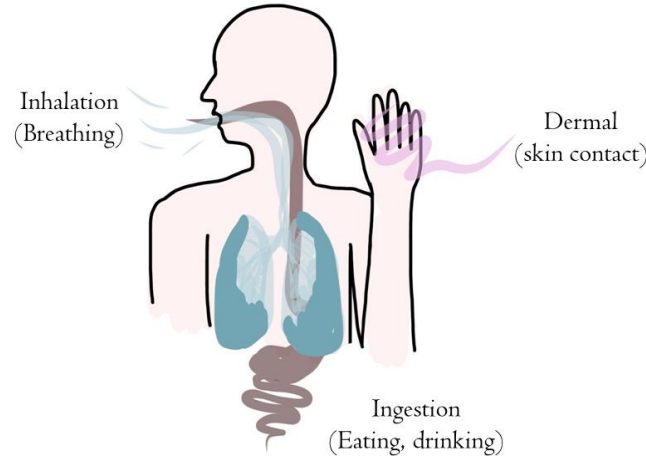
- Inspirations
- Needs
- Curious
- Did you take 101



# Different types of chemical exposure

- Personal
- Environmental

## Basics of Exposure



OSU  
Oregon State University



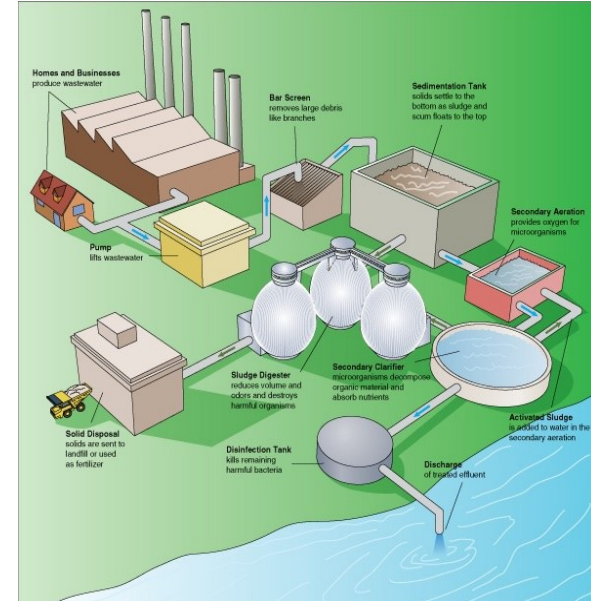
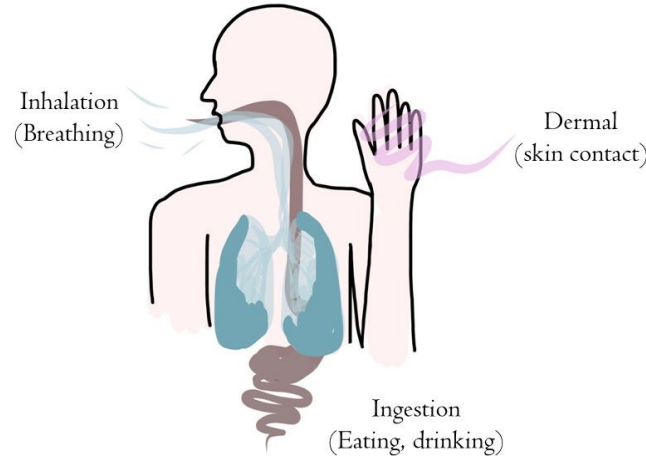
Merritts Mill Pond  
Photo by Jess Van Dyke  
Copyright 2003 Jess Van Dyke

- Outside of the garage, where do you get most of your exposure?

# Different types of chemical exposure

- Inhale
- Ingestion
- Dermal
- Environmental

## Basics of Exposure



- Outside of the garage, where do you get most of your exposure?



# How To Change

- Make your own
- Research what chemicals are in your cleaners



# Resources

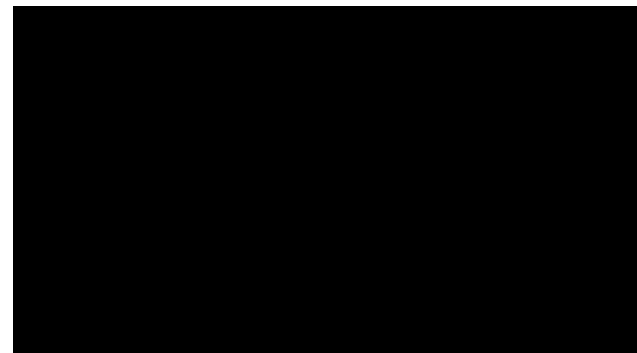
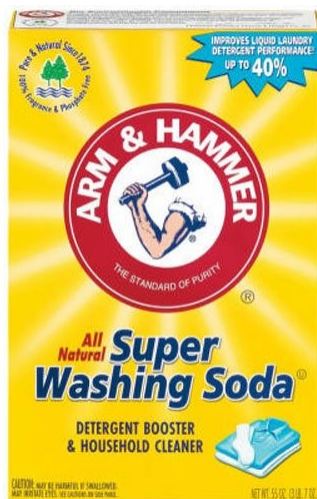
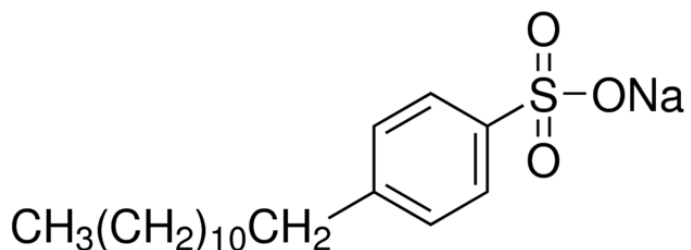
- Favorite household product databases:
  - U.S Health and Human Services Household Product Database
  - Environmental Working Group
- Favorite household chemical databases”
  - Toxnet
  - EPA Safer Chemical List





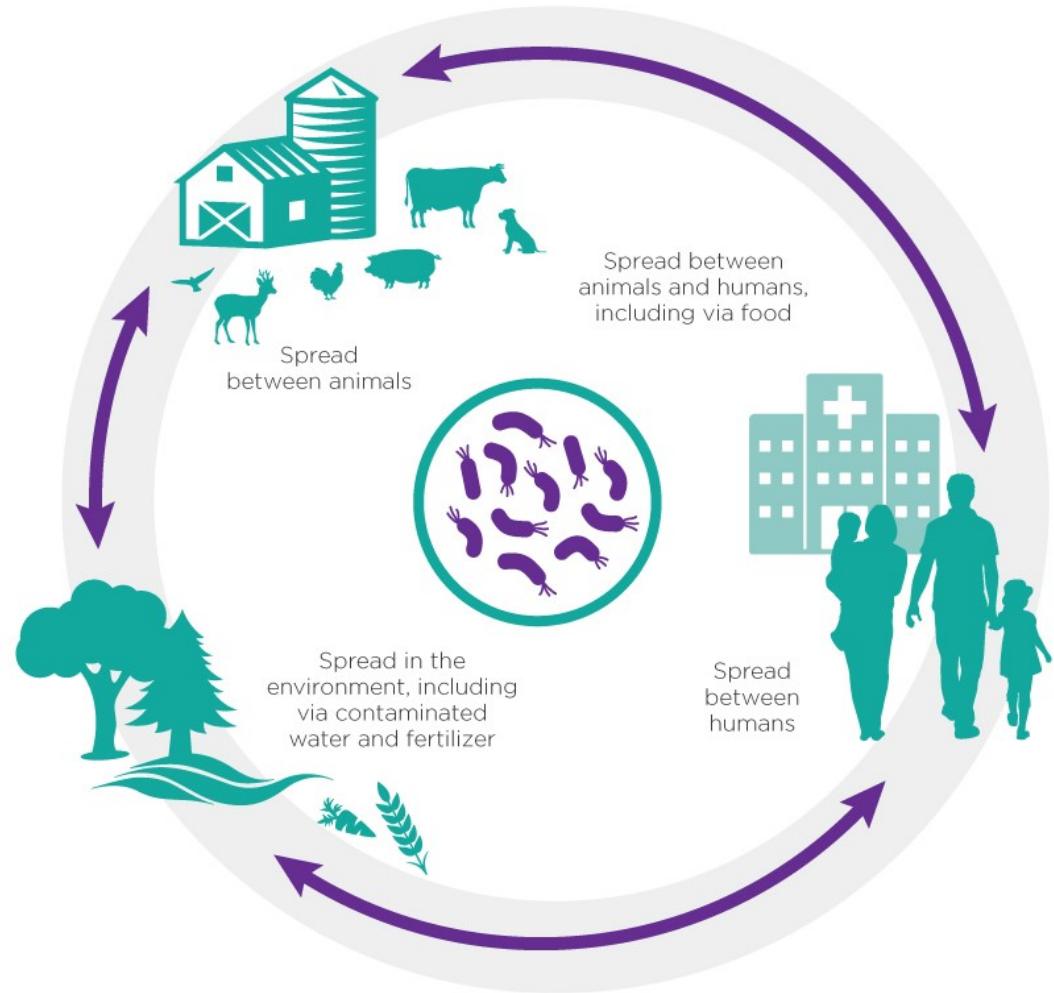
# 3 Household Product Ingredients of Note

1. Sodium Dodecylbenzenesulfonate (SDBS)
2. Sodium Bicarbonate
3. Tetramethyl Acetyloctahydronaphthalenes (Super Iso E)



# Sodium Dodecylbenzenesulfonate (SDBS)

Surfactant that emits chemical cleaners into the environment



# Sodium Bicarbonate

U.S. Department of Health & Human Services [www.hhs.gov](http://www.hhs.gov)

**Household Products Database**  
Health & Safety Information on Household Products

NIH U.S. National Library of Medicine

Home Products Manufacturers Ingredients Health Effects

**Quick Search**  
Product, Manufacturer etc...  [Go](#)

**Product Information**  
Product Name: Gain Laundry Detergent Powder with Oxi Boost, Icy Fresh  
Fizz-11/06/2015

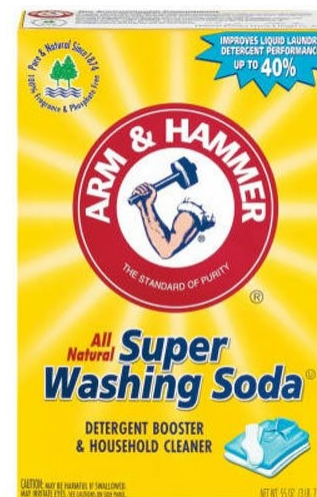
**Ingredients from (M)SDS/Label**

Chemical	CAS No / Unique ID	Percent
<a href="#">Formic acid</a>	000064-18-6	
<a href="#">Pentasodium pentetate</a>	000140-01-2	0.5-1.5
<a href="#">Sodium carbonate</a>	000497-19-8	40.0-100.0
<a href="#">Sodium hydroxide</a>	001310-73-2	
<a href="#">Sodium aluminosilicate</a>	001344-00-9	1.0-5.0
<a href="#">Sodium silicate</a>	001344-09-8	5.0-10.0
<a href="#">Sulfuric acid</a>	007664-93-9	
<a href="#">Sodium sulfate</a>	007757-82-6	
<a href="#">Sodium carbonate peroxide</a>	015630-89-4	5.0-10.0
<a href="#">Dipropylene glycol</a>	025265-71-8	
<a href="#">Tetramethyl Acetyloctahydronaphthalenes</a>	054464-57-2	0.1-1.0
<a href="#">Sodium dodecylbenzenesulfonate</a>	068081-81-2	10.0-15.0
<a href="#">sodium 2-(nonanoyloxy)benzenesulfonate</a>	091125-43-8	1.0-5.0
<a href="#">Amorphous silica</a>	112926-00-8	

[\(Complete \(M\)SDS for this product\)](#)

Note: Brand names are trademarks of their respective holders.  
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Last updated: June, 2018



# Tetramethyl Acetyloctahydronaphthalenes

(Super Iso E)

Because it is a *fragrance*, the recipe is protected by proprietary trade secret laws.



# HOW TO MIX ESSENTIAL OILS FOR FRAGRANCE

Select your preferred top, middle and base note and combine in the recommended quantities.

	Top Notes (30%)	Middle Notes (50%)	Base Notes (20%)	
<b>Floral</b>  Blends well with: Spicy, citrusy, woody	Lavender	Chamomile Geranium Jasmine Neroli Rose Rose Geranium Ylang Ylang	Vanilla	Sweet & relaxing scents
<b>Citrusy</b>  Blends well with floral, woody, spicy & minty.	Bergamot Citronella Grapefruit Lemon Lemongrass Lime Orange			
<b>Minty</b>  Blends well with woody, earthy, herby & citrus	Spearmint Peppermint			Fresh & revitalising scents
<b>Medicinal/camphor</b>  Blends well with woody.	Eucalyptus	Tea tree		
<b>Herby</b>  Blends well with woody & minty.	Basil	Clary Sage Thyme Rosemary Marjoram Parsley		
<b>Earthy</b>  Blends well with woody & minty.			Patchouli Vetiver Myrrh	Deep & warm scents
<b>Spicy</b>  Blends well with floral, woody, citrus.		Black pepper Cinnamon Clove Nutmeg	Ginger	
<b>Woody</b>  Blends well with oil.	Pettigrain	Pine	Cedarwood Sandalwood Frankincense	

naturaherd.co.za



# Making a scent

- Essential Oils come in top, middle, base notes.
- Each category has their own evaporation time, effect properties, and aroma body.



We are going to make laundry soap and demonstrate how to make wool balls, that will replace dryer sheets.



# Laundry Soap

## Ingredients

4 cups – Hot tap water

1 Soap bar of any kind

1 Cup Super Washing Soda

½ Cup Borax

## Cost

- Hot Tap Water = .05 cents \$
- Soap Bar = 3-5 \$
- Super Washing Soda = .40 cents \$
- Borax = .31 cents \$
- Total = 5.71 \$
- .02 cents a load

Grate bar of soap and add to saucepan with water. Stir continually over medium-low heat until soap dissolves and is melted.

-Fill a 5 gallon bucket half full of hot tap water. Add melted soap, washing soda and Borax. Stir well until all powder is dissolved. Fill bucket to top with more hot water. Stir, cover and let sit overnight to thicken.

-Stir and fill a used, clean, laundry soap dispenser half full with soap and then fill rest of way with water. Shake before each use. (will gel)

-Yield: Liquid soap recipe makes 10 gallons.

-Top Load Machine- 5/8 Cup per load (Approx. 180 loads)

-Front Load Machines- ¼ Cup per load (Approx. 640 loads)





# Wool Balls

## Ingredients

- Skein of roving wool (This wool will felt in the dryer)
- A pantyhose or a hose sock (available at the dollar store)
- Dawn dish soap (also available at the dollar store)

## Cost

- Skein of Roving Wool = 3-5 \$
- Pantyhose or hose sock = 1.00 \$
- Dawn dish soap = .10 cents \$
- Total = 6.10 \$

-Roll the skein of wool into a ball.

-Place the rolled wool ball into the pantyhose and tie the pantyhose tightly around the wool ball

-Wash the ball in a tsp of Dawn Dish soap in the washer on hot and wash it with towels

-Then dry the wool ball(s) on hot and high for the length of the towel cycle

To find cheaper skeins go to thrift stores, etc...

Good for repeated uses



# Question and Answers



# Time to Make the Products

