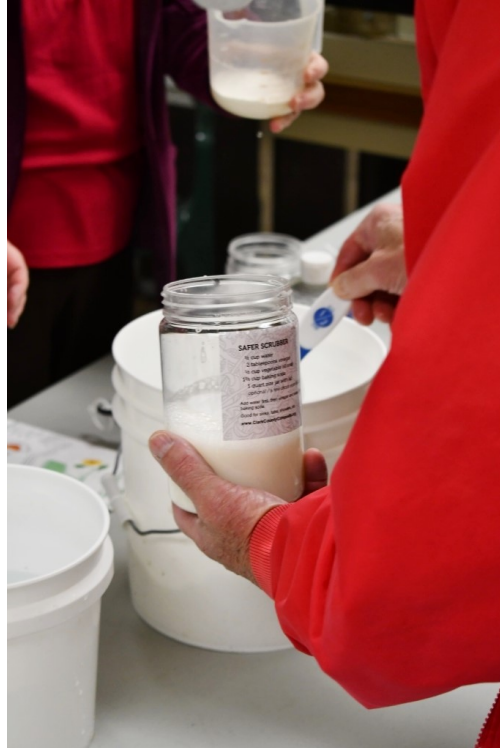


# Green Cleaning

## Homemade Recipes, Tips, and Tricks



You can create a safer and healthier indoor environment and protect clean water by reducing your use of toxic chemicals and replacing them with homemade solutions that work just as well for a fraction of the cost!



# What You Will Need

**Baking Soda** (dissolves dirt, grease, neutralizes odors; mild abrasive)

**Super Washing Soda** (similar to Baking Soda, but stronger)

\*you cannot substitute Baking Soda and Super Washing Soda\*

**Borax** (fungicide, anti-bacterial, bleaching agent)

\*Can be an endocrine disrupter if a person is a borax miner, otherwise, Borax is safe for the vast majority of people\*

**Cleaning Vinegar** (natural grease cutter, deodorizer)

\*may damage modern dishwashers and also quartz countertops\*

**Natural Liquid Soap** (vegetable based)

- Stay away from concentrated soap

**Hydrogen Peroxide 3%** (powerful disinfectant, bleaching agent)

**Olive Oil** (wood conditioner, polish)

**Bleach** optional (small amount with water) use when sanitizing is needed

**Essential Oils** - there are disclaimers for Essential Oils.

- Essential Oils can be toxic in high amounts

- We do not encourage the medicinal uses of Essential Oils, use at your own risk.

## Where do I find these ingredients?

- Your neighborhood grocery store should carry all these products, Just ask! If you have trouble finding any of these items, check your local natural foods store.

## Why should I make my own cleaners?

- Because it will save you money, with the cleaners costing less than a dollar per bottle. Homemade recipes cost so little, because of them only needing a few tablespoons of each ingredient.

- Homemade recipes are safer because they reduce the presence of harmful toxins into your home (see "ingredients to avoid").

- They are easy to make. They require fewer ingredients than typical household cleaners. The ingredients are also a lot easier to understand. You can pronounce every ingredient there is in the cleaners.

# Green Cleaning 101: Basic Recipes

## All-Purpose Cleaner

3 cup hot water

1 tsp Super Washing Soda (Borax is optional)

2 TBS Cleaning Vinegar

2 TBS liquid soap (vegetable based)

Several drop of tea-tree Essential Oil

Mix everything but soap in a spray bottle and shake. Add soap last. Mix gently. Apply and wipe clean. Good for Counter-Top floors, walls, woodwork, appliances, etc. For really big jobs, combine 1/2 cup distilled Cleaning vinegar, 2 TBS liquid vegetable soap and 2 gallons of warm water in a pail and stir to blend.

## Window Glass Cleaner

3 cups warm water

1/4 cup Cleaning Vinegar

1/4 cup Isoprophol (Rubbing) alcohol

1 TBSP Cornstarch

1/2 tsp dishwashing liquid soap if windows have buildup of commercial cleaner, dirt, salt, etc.

Mix ingredients and store in a spray bottle. Use as you would any glass cleaner. **TIP.** Invest in a squeegee. It is a great tool for

## Safer Scrubber

1 2/3 cups baking soda

1/2 cup liquid soap

2 Tbsp. cleaning vinegar

1/2 cup water

A few drops essential oil (optional)

Mix soda and soap in an airtight screw top jar. Add water, then add vinegar, oil. Store in screw top jar.

*Use the Safer Scrubber for the following cleaning uses:*

*Abrasive cleaning requirements, fiber glass, tub, and shower cleaner*

# Green Cleaning 201: Advanced Cleaning

## Toilet Bombs

1 1/4 cup Baking Soda

1/2 cup Citric Acid

1 1/2 Tablespoon Liquid Soap

96 drops of essential oil (optional)

-Wisk dry ingredients together

-Slowly Wisk in liquid soap and essential oils.

-Shape 1-2 Tablespoons into molds or balls

-Let dry overnight and store in an airtight container.

*Use the Toilet Bomb recipe for the following cleaning uses:*

*Bathroom and sink area*

## Automatic Dishwasher Detergent

1 tablespoon Citric Acid (Lemon shine instead of store bought fresh lemons)

½ tablespoon super Washing soda (Sodium Bicarbonate)

\*Change was in reducing the acidity of recipe due to modern dishwashers\*

## Wool Balls recipe

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)

-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

## Laundry detergent recipe

4 cups—Hot tap Water

1 soap bar of any kind

1 cup Super Washing Soda

1/2 Cup Borax

- 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)

# Other Green Cleaning Recipes

## Furniture Polish

Either:

- 1/2 cup olive Oil
- Black tea (this will stain, so find Black Tea that matches your wood color stain).

## Laundry

### Grass Stain Removers

Rub with plain soap bar (no moisturizers).

1. or—Hydrogen Peroxide
2. or—rubbing alcohol

### Laundry Spot Remover

- 1/4 cup Borax
- 2 cups cold water

**Abrasive cleaning requirements** use the Safer Scrubber recipe without water. Instead add Coarse Salt

### Crayon Mark Remover

- To remove crayon marks from walls, floors, counters, cabinets, and furniture, rub area with toothpaste and a damp cloth. Do not use on non-vinyl wall paper.

# Tips & Tricks

## Disinfecting

### *Disinfect in the following situations*

- Cold or flu is running through your home
- When dealing with raw meats, especially poultry
- When dealing with other human biohazards

### *How to disinfect*

1. First wash surface with soap and water to remove debris
2. Mix one quart of distilled water to one tablespoon Clorox bleach
3. Wipe it down, and allow it to dry
4. Replace your Clorox mix after 24 hours of use for safe disinfectant

### Ingredients to avoid:

#### **Ethols**

**Petroleum-based products** furniture polish, high strength cleaners

**Phosphates** Laundry powders

**Paradichlorobenzine** Toilet deodorizers

**Sodium Hypochlorite** bleaches (except when needed)

**Artificial musks** air fresheners (Liver toxin)

#### **Formaldehyde**

**Perchloroethylene (PERC)** dry cleaning

### Commercial Products to Replace:

**Laundry products with phosphates**

**Air Fresheners**

**Heavy duty cleaners**

**Toilet bowl cleaners and deodorizers**

**Drain cleaners**

**Oven Cleaners**

**Antibacterial soaps** (contributes to resistant strains)