

## GREEN CLEANING RECIPES

### **Green cleaning products**

Recommended here are effective, inexpensive, and safe recipes for you and the environment. Making your own non-toxic alternative cleaners with ingredients you probably may already have in your kitchen cabinets have health benefits that outweigh scrubbing harder and longer.

### **Green cleaning items include:**

- Baking soda
- White vinegar
- Murphy's liquid soap or liquid castile soap
- Cotton rag without much lint
- Sprayer bottle

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#### **Tub and sink cleaner:**

- Baking soda
- Liquid soap

Sprinkle baking soda on the porcelain fixtures and rub with the rag. Add a little of the liquid soap; add Murphy's soap to the rag for more cleaning power. Rinse well to avoid leaving a hazy film.

#### **Window and mirror/glass cleaner:**

- White vinegar
- Water or club soda

Pour  $\frac{1}{4}$  cup of the white vinegar into a spray bottle and fill to the top with water. Rub with a lint-free rag. For outdoor windows use a sponge and wash with water with a few drops of liquid Murphy's or Castle soap. Rinse well and squeegee dry. The most effective natural window cleaner is club soda. Just straight club soda.

#### **Floor cleaner (linoleum, hardwood, pergo, tile):**

- White vinegar
- Water

Mop with a mixture of  $\frac{1}{2}$  cup vinegar in a bucket (pail) of warm water. The vinegar odor will go away shortly after floor dries.

**Toilet bowl cleaner:**

- Baking soda
- Liquid soap

Sprinkle baking soda inside the bowl as you would any scouring powder. Add a couple drops of soap. Scrub with a toilet bowl brush and finish outside surfaces with a rag sprinkled with baking soda.

**All purpose cleaner for spots on woodwork, tile and linoleum:**

- Murphy's liquid
- Soap.

Add a few drops of liquid soap to a wet washcloth and rub surface briskly. To make an old fashioned apple cider all purpose cleaner you will need to have a spray bottle on hand. (for 32 ounces) :

1cup vinegar or lemon juice (use more if you want to be stronger)

\*Apple cider vinegar can be staining but less people are allergic to it than the white vinegar.

\*Lemon juice must be kept refrigerated, fill the rest up with water.

**Oven Cleaner:**

- Baking soda
- Water

Mix 1 cup of baking soda with enough water to make paste. Apply to oven surfaces and let stand a little while. Use the scouring pad for scrubbing most surfaces. A spatula or a bread knife is effective to get under large food deposits. This recipe will require more scrubbing effort but is non-toxic.

\*Do not use this cleaner recipe on self-cleaning ovens.

**Cooper cleaner:**

- White vinegar
- Salt

Mix equal parts of vinegar and salt (a tablespoon of each will do) and apply to the surface with a rag. Be sure to rinse thoroughly with water afterwards. Otherwise it will corrode.

\*Do not use this cleaner on lacquered finishes.

**Soap scum remover:**

- Salt
- 2 cups of water to 1 tsp of salt

Salt is great on soap scum, it gets stains and is a natural bleacher. Please note that none of these techniques will work as fast as bleach.

**Stainless Steel cleaner:**

- Lemon juice

Just apply straight with a soft rag.

**Mildew Remover:**

- White vinegar
- Borax

Dissolve half-cup vinegar with half-cup borax in warm water.

**Lime Deposits:**

White vinegar, Add straight with a sponge

**Rust Remover:**

To remove rust from tin-ware, rub with a peeled potato dipped in a mild abrasive such as baking soda or salt.

**Wipe Out: Buying Safer Sponges**

Almost every sponge now sold in U.S. supermarkets is impregnated with a synthetic disinfectant ---usually triclosan--- that has been registered as a pesticide with the Environmental Protection Agency (EPA).

Here's what you can do:

- Buy only pure cellulose sponges by avoiding sponges in packages that use language such as "kills odors".
- If your sponges exude the distinctive disinfectant smell, throw them out and search for a source of sponges made of pure cellulose.
- Sterilize sponges by boiling them in a pan of water for three to five minutes, or place them in a dish washing machine and wash with a load of dishes.