

RECIPES FOR **HEALTHY HOUSEHOLD CLEANERS**



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HEALTHY HOUSEHOLD CLEANERS

ALTERNATIVE CLEANING PRODUCT SHOPPING LIST

* Compare these prices to what you normally pay for cleaners.*

Baking Soda	Laundry, household deodorizer and cleaner, water softener	Microfiber Cleaning Cloths	Just use water for all surfaces and household chores
Bon Ami	Non-toxic scouring powder that cleans glass top stoves	Soap Flakes	Pure soap in flake form, contains no bleaches, phosphates, enzymes, or perfumes. Good for washing clothing
Borax	Natural laundry soap and multi-household cleaner	Technical Grade Boric Acid	Safe to use in the household to control roaches
Castile Soap	Vegetable-based soap, made from coconut or olive oil (Look for: Vermont soap, Aloe Castile Liquid, or Dr. Bronner's Soap)	Vanilla	Serves as a good fragrance
Cream of tartar	A mild food acid often from grapes	Vegetable Oil	Works well when polishing and cleaning wood
Glycerin	A simple polyol compound, creates smoothness in detergents	Vegetable Oil-based Soap	A soap made from vegetable oil rather than detergent made from petroleum products
Lemon/Lime Juice	For fresh scents	Vinegar	Cuts grease, removes mildew and some stains
Murphy's Oil Soap	All natural soap for wood surfaces	Washing Soda	Sodium carbonate decahydrate, cuts grease, removes stains, disinfects, and softens water

GUIDELINES

- Use safe products first and stronger products as a last resort.
- Avoid aerosol cans and products with phosphates and chlorine.
- visit fcgov.com/hazardouswaste for hazardous waste collection events.
- Never pour chemicals down sink or storm drain.
- Check for free local collection events for household hazardous waste events.

7 KEY PRINCIPLES TO A HEALTHY HOME

KEEP IT:

1. CLEAN

Reduce allergens and dust particles.

- Remove shoes before entering your home.
- Place a commercial quality doormat at every entrance.

4. WELL VENTILATED

Ventilation expels moisture and odors and keeps your home dry and mold-free.

- Open windows to fully ventilate your home regularly.

Use extra ventilation when using glues, paint, and other harmful chemicals.

7. WELL-MAINTAINED

Maintenance ensures the vital systems in your house are in good shape and running efficiently.

2. SAFE

Be aware of the most common dangers in your home.

- Check carbon monoxide, smoke alarms, and fire extinguishers regularly.
- Create a fire escape plan with all residents.

5. DRY AND MOLD FREE

Too much water in the home causes mold and structural damage.

- Run exhaust fans while showering and cooking.
- Make sure your home has proper drainage. Extend downspouts 5 ft. away from home and check gutters for blockages.

3. FREE OF CONTAMINANTS

Be aware of substances in your home that could make you sick.

- Dispose of harmful cleaning products/chemicals and replace them with non-toxic alternatives.
- Test your home for radon and carbon monoxide.

6. PEST-FREE

Insects and rodents can trigger allergies and asthma and spread disease. Pests seek out food, water and hiding places.

- Seal exterior gaps with copper mesh or weather stripping.
- Eliminate all water and food sources around the house including pet dishes and bird feeders.

INSIDE THE HOME:

- Take care of minor repairs before they become large problems.
- Check the flues filters and vents of your heating systems to ensure they are clean and connected properly.

OUTSIDE THE HOME:

- Check the caulking around windows and door frames (inside and out).
- Clean gutters and downspouts quarterly.



AROUND THE HOUSE



ALL PURPOSE CLEANER

- Dissolve 1 tsp borax into 2 tbsp. white distilled vinegar. Add 1/4 cup Dr. Bronner's liquid soap. Fill the spray bottle with warm water.
- Use to clean countertops, floors, walls, carpets, windows and upholstery.

WEEKLY DUSTING

- Use a damp cloth. Microfiber works well.

AIR FRESHENERS

- *Lemon*: Mix 1 tsp baking soda, 2 cups hot water, and 1 tsp lemon juice.
- Clove & Cinnamon: Wrap 2-3 tsp cloves and 2-3 cinnamon sticks in cheese-cloth, then boil in water.
- Vanilla: Put 1-2 tsp vanilla in a small saucer and set in room.

DISINFECTANT SPRAY

- Mix 1 cup water, 1/2 cup white distilled vinegar, 1/2 cup rubbing alcohol (70% isopropyl), and 2-3 drops soap.
- Use for countertops, floors and bathroom surfaces.

GLASS CLEANER

- Mix 1/8 to 1/4 cup white distilled vinegar with 2 cups warm water.
- Spray on glass; wait a few seconds; dry with newspaper.

PLEASE NOTE:

For ***Starred Recipes***, use a 16-oz spray bottle and, if you wish (and with caution), add small amounts of scent from herbs, spices or essential oils.

Vegetable oil soaps include, but are not limited to, castile soaps (i.e. Dr. Bronner's and Mrs. Meyer's Clean Day Soap). Murphy's Oil Soap is also vegetable based.

White distilled vinegar, like other acids, may damage counters made of stone, so be cautious with them.

FLOORS

CARPET CLEANER

- 1 box baking soda, OR
- 1 cup borax mixed with 2 cups corn meal.
- Spread on carpet and let sit one hour
- Vacuum

WOOD FLOOR CLEANER

- Mix 1/8 cup olive oil, 1/8 cup white distilled vinegar, 2 quarts water.
- Apply with mop.
- Wipe clean.

TILE FLOOR CLEANER

- Mix 1 cup white distilled vinegar with 1 gallon hot water.
- Apply with mop.
- Wipe clean.

GARAGE FLOOR CLEANER

- Mix 1 cup washing soda with 1/2 cup water.
- Apply with mop.
- Wipe Clean.

PET URINE

- Mix 1/4 cup white distilled vinegar with 1 tbsp. vegetable oil soap and 2 cups water.
- Let stand on stain for 15 minutes.
- Rinse with warm water.
- Blot dry.

IN THE KITCHEN

DISHWASHER SOAP

- Dissolve 1/4 soap flakes into 2 cups cool or warm water. Stir in 1/4 cup glycerin and cool.
- A loose gel will form. Break the gel by stirring with a fork, then pour the soap into a narrow-necked bottle.

MICROWAVE OVEN CLEANER

- Combine 1/4 cup baking soda with 1 tsp white distilled vinegar to form a paste.
- Apply to surfaces inside the microwave with a soft cloth or sponge. Rinse well and leave the door open to dry.
- To loosen caked-on debris, microwave 2 cups water for 5 minutes, then wipe clean.

OVEN CLEANER

- Mix 1 cup baking soda, 2 tsp borax, and 2 tsp liquid soap with enough warm water to make a paste.
- Apply the paste to oven surfaces and let stand a short while. Use a scouring pad as needed and wipe clean.

GREASE CLEANER

- Mix 1/2 tsp washing soda, 1/4-1/2 tsp vegetable oil soap, 3 tsp. white distilled vinegar and 2 cups hot water.
- Spray, wait, scrub, wipe clean.
- Wear gloves when you use this.

SCOURING SOLUTION

- Mix 1 cup baking soda with 1/2 vegetable oil soap. Add 1/2 cup water, then 2 tsp. white distilled vinegar.
- Shake before using. Rinse thoroughly to avoid leaving a residue.

DRAIN CLEANER

- Pour 1 cup baking soda down the drain. Follow it with 2 cups boiling water, then 1 cup white distilled vinegar.

GARBAGE CAN DEODORIZER

Sprinkle a handful of baking soda over garbage each time you add a new trash bag.



IN THE BATHROOM



TUB AND TILE CLEANER

- Mix 1–2/3 cups baking soda with 1/2 cup vegetable oil soap.
- Add 1/2 cup hot water, then 2 tbsp. white distilled vinegar.
- Shake before using and rinse thoroughly.

TOILET-BOWL CLEANER

- Mix borax with lemon juice into a paste. Let stand in toilet bowl for 2 hours, then scrub. Wear gloves.

MOLD KILLERS

- Apply **one** of these things to the mold-like growth:
 - (1) White distilled vinegar; (2) tea tree oil (does not require rinsing); (3) or apply white distilled vinegar to surface first, let sit for 5 minutes and wipe clean. Next, spray 3% hydrogen peroxide solution on surface, wipe clean.
- Let the solution sit for an hour before scrubbing and rinsing.

SEPTIC TANK MAINTENANCE

- Flush 1 cup baking soda down a toilet once a week.

LIME AND MINERAL DEPOSIT REMOVER

- Soak paper towels in white distilled vinegar; cover the deposits; let stand for about an hour.

PESTICIDES

GENERAL

- Mix 6 cups crushed garlic, 1 tbsp. dried hot pepper, 1 tsp dry soap, and 4 quarts hot water.
- Let stand 1—2 days.
- Strain, pour into spray bottle, and spray on foliage.

ANTS

- Pour any of the following ingredients individually where ants are entering the house (do not mix ingredients).
 - Bone meal, cinnamon, cream of tartar, red chili pepper, salt, dried mint, dried sage, cucumber peelings, perfume, paprika, powdered charcoal, diluted neem oil, borax.

MOTHS

- Mix 1-1/2 pound rosemary, 1/2 pound mint, and 1/4 pound thyme. Put in small cheesecloth bags.
- Or place a bowl of hot soapy water under a light in the evenings.

MOSQUITOES

- Mix 15 drops lavender oil, 3/4 tsp vanilla extract, and 1/4 cup lemon juice.
- Shake Well.

METAL CLEANERS AND POLISHES

BRONZE POLISH

- Dissolve 1/4 tsp salt into 1/4 cup white distilled vinegar.
- Add enough flour to make a paste. Rub on bronze.

CHROME POLISH

- Rub surface with baby oil.
- Clean with soft cloth.

LEATHER CLEANER

- Apply cold-pressed nut oil, olive oil, walnut oil, or beeswax to leather.
- Buff with chamois (or other soft) cloth.

FURNITURE POLISH

- Mix 1/2 cup lemon juice, 1 cup vegetable oil, and 1-1/2 cups water.
- Works on wood, Formica and other hard surfaces.

SUEDE CLEANER

- To remove dirt marks, rub with an art gum eraser.
- Buff lightly with sand paper or emery board.

STAINLESS STEEL POLISH

- Mix 1/4 cup rubbing alcohol and 1/3 cup distilled white vinegar.
- Add water to fill spray bottle.

IN THE LAUNDRY ROOM

LAUNDRY DETERGENT

- Fill washer with water and add these ingredients in order:
 - 1 oz vegetable oil soap
 - 1 cup washing soda
 - 1 cup baking soda
 - 1 cup white distilled vinegar

FABRIC SOFTENER

- Mix 2 cups baking soda, 12 cups white distilled vinegar, 4 cups water.
- Use 1/4 cup per load in the final rinse.

STAIN REMOVERS

- **Moisten the stain**, then pour a few drops of castile soap on it and scrub with a toothbrush. Rinse thoroughly. Try again if needed.
- **Coffee and tea:** Mix 1 tsp salt and 1 tsp white distilled vinegar.
- **Fruit and wine:** Immediately pour salt or cold soda water on stain and soak in milk before washing.
- **Wine:** Pour on club soda right away and blot with clean cloth.
- **Ink:** Soak in milk or remove with hydrogen peroxide.
- **Blood:** Pour salt or cold soda water on the stain and soak in cold water before washing.
- **Coffee and chocolate:** Mix egg yolk with lukewarm water and rub on stain.
- **Chewing gum:** Rub with ice. Gum will flake off.
- **Lipstick:** Rub with shortening. Washing with washing soda. ****Wear gloves.****