

# Green Cleaning Products

While there are many household cleaning products available in your local supermarket or discount store, you may see some surprising ingredients if you read the label closely.

Many of these products have harmful chemicals. It is risky to have these chemicals in your home in case someone accidentally drinks or touches them. Breathing the fumes of some chemicals, especially over time, can be bad for your health. Also, small amounts of these products might be left on surfaces or in the air, which affects your home's air quality.

You can avoid these chemicals by making your own, safe cleaning products. For most of these recipes, you will need only:

- Baking soda
- Liquid oil soap (like Murphy's)
- White vinegar
- Water



Bathroom		
	What you need	Steps
<b>Tub and sink cleaner</b>	Baking soda Liquid oil soap	<ol style="list-style-type: none"> <li>1. Sprinkle on baking soda and rub with a wet rag.</li> <li>2. Add a little soap to the rag for more cleaning power.</li> <li>3. Rinse surfaces well to avoid leaving a film.</li> </ol>
<b>Window and mirror cleaner</b>	White vinegar Water	<ol style="list-style-type: none"> <li>1. Pour ¼ cup of white vinegar in a spray bottle and fill to the top with water</li> <li>2. Spray on surfaces and wipe with a lint-free rag</li> <li>3. Outdoor windows: use a sponge and wash with warm water with a few drops of liquid Murphy's soap. Rinse well with a squeegee and dry.</li> </ol>
<b>Drain cleaner</b>	Baking soda White vinegar Boiling water	<ol style="list-style-type: none"> <li>1. Pour ½ cup of baking soda down the drain first, add ½ cup vinegar.</li> <li>2. Let it fizz for 10-15 minutes.</li> <li>3. Pour down a teakettle full of boiling water. Repeat if necessary.</li> <li>4. If clog is stubborn, use a plunger or a mechanical snake.</li> </ol>
<b>Toilet Bowl Cleaner</b>	Baking soda	<ol style="list-style-type: none"> <li>1. Sprinkle baking soda in and around toilet bowl.</li> <li>2. Let sit for a few minutes then scrub clean</li> </ol>

Kitchen		
	What you need	Steps
<b>Dish soap</b>	Non-phosphate soap	TIP: Try using only half the amount of automatic dishwashing detergent. It should make little to no difference.
<b>Oven Cleaner</b>	Baking soda Water Liquid oil soap	<ol style="list-style-type: none"> <li>1. Mix 1 cup of baking soda with enough water to make a paste.</li> <li>2. Apply to oven surfaces and let stand a little while (preferably overnight).</li> <li>3. Use a scouring pad for scrubbing most surfaces.</li> <li>4. After cleaned, put a few drops of liquid soap on a sponge and wash sides and top of oven.</li> </ol> <p><b>Do NOT use on self-cleaning ovens!</b></p>
<b>Grease Cutter</b>	Baking soda Liquid oil soap	<ol style="list-style-type: none"> <li>1. Mix ½ tsp baking soda, ¼ to ½ tsp liquid soap, 3 tbsp vinegar and 2 cups of hot water in a spray bottle.</li> </ol>

	Vinegar Water	2. Spray and scrub. 3. Wipe clean.
<b>Pot and Pan Cleaner</b>	Baking soda Salt Water	1. Mix 3 tbsp of baking soda, salt and water in a small bowl to form a paste. 2. Use a sponge to apply the paste to the pan. 3. Let dry then rinse with hot water.
<b>Kitchen and cooking odors</b>	Vinegar Water Vanilla	1. Boil 1 tbsp white vinegar and 1 cup of water in a small pot. OR 1. Place pure vanilla on a cotton ball in a small saucer. Place where needed NOTICE: vanilla contains alcohol and should be kept away from children

<b>Living Room</b>		
	<b>What you need</b>	<b>Steps</b>
<b>Carpet Deodorizer</b>	Baking soda	1. Sprinkle one box of baking soda over carpet and let rest overnight. 2. Vacuum.
<b>Carpet Stain Remover</b>	Club soda	1. Apply to stain and scrub. OR 1. Mix ¼ vinegar and ¼ cup water and rub on carpet. 2. Rinse with water.
<b>Tile</b>	Vinegar Hot water	1. Mix 1 cup vinegar with 1 pail of hot water 2. Apply to floors. 3. Wipe clean.
<b>Wood</b>	Liquid oil soap Water	1. Mix 1/8 cup of liquid soap with 1 gallon of water and apply to wood floors. 2. Wipe clean. OR 1. Mix ¼ cup olive oil, ¼ cup vinegar and a drop or two of lemon oil and apply to wood floors. 2. Wipe clean.
<b>Linoleum</b>	White vinegar Water	1. Mop using a mixture of ½ cup vinegar in a bucket of warm water (The vinegar odor will dissipate after floor dries.)
<b>General fresheners</b>	Baking soda Citrus Water Cinnamon	1. Place of couple tbsp of baking soda in a dish and leave on counter. OR 1. Place slices of your favorite citrus fruit (lemon, grapefruit or orange) in a pot. 2. Add enough water to cover the fruit. 3. Simmer over low heat for an hour or two. OR 1. Boil some cinnamon and cloves in water.

<b>Laundry</b>		
	<b>What you need</b>	<b>Steps</b>
<b>Laundry Soap</b>		1. Use non-phosphate liquid detergents or laundry soaps
<b>Laundry Bleach</b>	Lemon juice	1. Add ¼ cup of lemon juice to laundry
<b>Laundry Starch</b>	Cornstarch Cold water	1. Mix 1 tbsp cornstarch and 1 pint cold water in a spray bottle and shake to dissolve cornstarch.
<b>Fabric Softener</b>	White vinegar	1. Add ¾ cup of vinegar to the final rinse cycle.