

### Tub and Sink Cleaner:

- Sprinkle baking soda on porcelain fixtures and rub with a wet rag. Rinse well to avoid a hazy film.
- Cream of tartar and White Vinegar mixed together to make a paste.
- 2 tsp. Borax, 4 tsp. of white vinegar, 3 - 4 cups of hot water mixed into a spray bottle.

### Window and Mirror Cleaner:

- Put ¼ cup of vinegar in a 16 oz spray bottle and fill to the top with water. A few drops of detergent may be added for preventing streaks. Spray on surfaces. Rub with a diaper, other lint free rag, or sheet of newspaper.

### Dusting:

- Use a soft cloth slightly dampened with water instead of dry-dusting, which just kicks dust up into the air.

### Spot Cleaner:

- Use ¼ cup of borax and 2 cups of water. Dissolve in water, sponge on stain and let it dry or pre-treat before washing.

### Drain Cleaner:

- Pour ½ cup of baking soda down the drain first, then ½ cup of vinegar. Let it fizz for a few minutes. Then pour down a tea kettle full of boiling water. Repeat if needed.

### Oven Cleaner:

- *Do not use this cleaner on self cleaning ovens.* Mix 1 cup of baking soda with enough water to make a paste. Apply to oven surfaces and let stand a little while. Use the scouring pad for scrubbing most surfaces. A spatula or bread knife is effective to get under large food deposits.

## INGREDIENTS

**Baking soda:** helps to clean and deodorize, will act as a scouring agent, polisher, stain remover, fabric softener. Use to clean plastic, vinyl, carpet, silver, stainless steel, drains, and refreshes your fridge.

**Borax:** helps to clean and deodorize. Use on wallpaper, painted walls, and floors. Use it with your detergents to remove stains and boost the cleaning power.

**Vinegar:** helps remove stains, wax buildup and mildew. Use to clean windows, fireplaces, grout, paintbrushes, glass, and coffee pots.

Learn more about improving the air quality in your home, sign up for a "HEAL" indoor air quality assessment visit! <http://www.alaw.org/mhe>

Websites with information on green cleaning:

<http://www.healthhouse.org>

<http://www.watoxics.org>

Website with information on household products:

<http://householdproducts.nlm.nih.gov>



# Green Cleaning Recipes

Healthy alternatives  
for day-to-day cleaning

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Seattle area residents, call visit our web site to sign up for an indoor air quality assessment visit (HEAL).

Revised 8/07

### **Air Fresheners:**

- Dissolve 1 tsp of baking soda in 2 cups of hot water; add 1 tsp of lemon juice. Pour the solution into a spray bottle and spray as you would an air freshener.
- Place a few slices of a citrus fruit, cloves, or cinnamon in a pot with enough water to simmer gently for 1-2 hours.
- Use baking soda in your garbage or refrigerator to help reduce odors at their source.

### **All Purpose Cleaner:**

- Add ½ cup pure liquid soap (ex. pure castile soap) to 1 gallon of hot water. This solution is safe for all surfaces and is very effective for most jobs.
- For a clean scent and to help cut grease, add ¼ cup of lemon juice to the above recipe.
- For a stronger cleaner, double the amounts of soap and lemon juice in the above recipe.

### **Floor Cleaner with Fragrant Herbs:**

- Combine in a pale or bucket: 1/8 cup liquid soap or detergent, ¼ - ½ cup white distilled vinegar or lemon juice, ½ cup fragrant herbal tea (peppermint is great as it adds antibacterial qualities). Swirl the water around until it is sudsy. Scrub floor with mop or rag.

### **Scouring Powder:**

- Combine pure soap with table salt or baking soda on the surface to be cleaned. Scrub with a firm bristle brush.
- Baking soda alone on a damp sponge is also effective on most surfaces.
- Personalize scouring powder by adding an aromatic herb or flower. Put ingredients in blender and run until the fragrance has infused the powder.

### **Disinfectant:**

- Borax has long been recognized for its disinfectant and deodorizing properties. Mix 1/2 cup Borax into 1 gallon hot water or undiluted vinegar and clean with this solution.
- For a fragrant smell, add a few sprigs of fresh thyme, rosemary or lavender to the above recipe. Steep for 10 minutes, strain and cool. Store in a plastic spray bottle.

### **Furniture Polish:**

- Dissolve 1 tsp lemon oil in 1 cup vegetable oil. Apply with a clean dry rag.

### **Laundry Detergent:**

- Add ½ cup washing soda and ½ cup of Borax to water as washer is filling. Add clothes (this is sufficient for a large load and will clean and deodorize your clothes).
- The first time you try the above recipe, your water will look like you have

added soap or detergent (that is how much soap is left in our clothes after washing and rinsing).

### **Softening Fabrics (including wool):**

- Add ¼ cup white vinegar to rinse cycle or to a dispenser ball (this does not make your clothes smell like vinegar).
- *To make blankets soft and fluffy:* add 2 cups of white vinegar to a washer tub full of water. Rinse cotton and wool blankets in washer tub after washing. This leaves blankets free of soap and their nap is soft and fluffy.

### **Stain Removers:**

- An equal mixture of salt and white vinegar will clean coffee and tea stains from china cups.
- *Fruit and Wine stains:* Immediately pour salt or cold soda water on stain and soak in milk before washing.
- *Grease stains:* Strain boiling water through white cottons and follow with dry baking soda or rub with washing soda in water.
- *Ink stains:* Soak in milk or remove with hydrogen peroxide.
- *Blood stains:* Immediately pour salt or cold soda water on stain and soak in cold water before washing.
- *Coffee and Chocolate stains:* Mix egg yolk with lukewarm water and rub on stain.
- *Chewing gum:* rub with ice, gum will flake off.