



## GREEN CLEANING

*You can clean your entire house and save money with these basic ingredients:*

- **White vinegar:** An antifungal that also kills germs and bacteria.
- **Baking soda:** Eliminates odors and works as a gentle scouring powder.
- **Borax:** Eliminates odors, removes dirt, and acts as an antifungal and possible disinfectant. Use with care around children and pets, as it can be toxic if swallowed.
- **Hydrogen peroxide (3% concentration):** A nontoxic bleach and stain remover.
- **Club soda (fresh):** A stain remover and polisher.
- **Lemon juice:** A nontoxic bleaching agent, grease-cutter, and stain remover.
- **Liquid castile soap:** An all-purpose cleaner, grease-cutter, and disinfectant.
- **Corn meal:** Used to pick up carpet spills.
- **Olive oil:** A furniture polish.

### Why Clean Green?

US EPA reports that levels of air pollution can be 2-5 times higher inside the home than outside. Using green cleaners is one way to make your air safer to breathe. Find more information on indoor air quality at: [www.epa.gov/iaq/](http://www.epa.gov/iaq/)



For more information on healthy homes, visit [www.nchealthyhomes.com](http://www.nchealthyhomes.com)

# Recipes for a Healthy Home

## Multi-Purpose Cleaner

- 2 Tbsp. white vinegar
- 1 tsp. borax
- Hot water
- 1/4 cup of liquid castile soap
- 16 oz. spray bottle
- essential oil (optional)

Combine white vinegar and borax in a 16 oz. spray bottle. Fill the rest with hot water and shake until the borax is dissolved. Next, add liquid castile soap.

Shelf Life: indefinite

## Hard Floors

- 1/4 cup liquid castile soap
- up to 1/2 cup white vinegar or lemon juice
- 2 gallons of warm water

Combine 1/4 liquid castile soap, up to 1/2 cup white vinegar or lemon juice, and 2 gallons of warm water in a large plastic bucket. Use with a mop or sponge. Always follow manufacturer's instructions on special flooring.

Shelf Life: Use and discard.

## Oven

- baking soda
- water

Cover the oven floor with baking soda, spray with water until very damp, and let set overnight. Spray with water every few hours before you go to bed to keep damp. In the morning, clean out the baking soda, and the stuck-on gunk will be loosened and ready to scrub off.

Shelf Life: Use and discard.

## Bathroom Surfaces

For tough jobs:

- baking soda or borax (scouring powder, wear gloves when scrubbing then rinse well)

Shelf Life: indefinite

For a softer scrub:

1/2 cup baking soda  
castile soap (add enough to achieve a frosting-like consistency)

Shelf Life: Use and discard.

For plumbing fixtures:  
club soda

Shelf Life: indefinite

## Glass

- club soda
- 1 tsp. lemon juice (optional)
- spray bottle

Pour club soda in a spray bottle. Add 1 tsp. of lemon juice to increase your window cleaner's degreasing power.

Shelf Life: indefinite (if lemon juice is added, refrigerate or discard after use)

## Toilet

- baking soda or borax  
or
- white vinegar

Sprinkle baking soda or borax and let sit overnight. Or, pour white vinegar into the toilet, and let sit for a few minutes. Scrub with a toilet brush.

Shelf Life: indefinite

## Carpet

- club soda
- cornmeal (for big spills)

Club soda will remove many acidic stains, like coffee, wine, or juice. For larger carpet spills, pour cornmeal on the spill, wait 15 minutes, then vacuum with a wet/dry vacuum.

Shelf Life: indefinite (if not stone ground cornmeal)

## Wood Furniture Polish

- olive oil

Dab olive oil onto a soft cloth and rub on wood surface.

Shelf Life: indefinite

**There are many green cleaning recipes to try. These recipes were collected from:**

-Green Clean by Linda Mason Hunter & Mikki Haplin

-Green Up Your Clean Up Jill Potvin Schoff  
-Clean House, Clean Planet by Karen Logan  
[www.care2.com/greenliving/make-your-own-non-toxic-cleaning-kit.html](http://www.care2.com/greenliving/make-your-own-non-toxic-cleaning-kit.html)

*Always follow any manufacturer instructions for cleaning special surfaces in your home.  
If in doubt, test a small area first.*