



NON-TOXIC HOUSEHOLD CLEANING

Use these non-toxic cleaning recipes to save money and our environment.

All Purpose Cleaner

½ cup pure soap in a gallon of water
¼ cup lemon juice

Drain Opener

½ cup baking soda
½ cup vinegar
Warm water to rinse

Drain Cleaner

1 cup baking soda followed by 3 cups
boiling water

Stain Remover

1 tsp. vegetable-oil based soap
¼ cup vinegar
½ cup water

Dusting Spray

1 teaspoon olive oil
½ cup white vinegar

Glass Cleaner

½ cup white vinegar
1 gallon water

Fabric Softener

¼ cup white vinegar added to last rinse
cycle

Silver Polish: Baking soda and water made into a paste. Wipe onto area to be polished, rinse and polish dry.

Soft Scrub – Mix about a cup of baking soda with liquid soap. It is easy to rinse off.

Scouring Powder – Sprinkle baking soda on whatever needs cleaning, scrub and rinse.

Mold cleaner – mix 1 part hydrogen peroxide (3%) with 2 parts water in spray bottle. Spray onto affected area. Wait at least an hour and rinse.

Oven Cleaner – Sprinkle baking soda on bottom of the oven, spray with water to dampen and let sit overnight.

Use: ¾ cup baking sods, ¼ cup salt, ¼ cup water. Make into a paste and smear onto oven surfaces. Let sit overnight. Wipe off. Arm and Hammer Oven Cleaner has been declared non-toxic by Consumers Union.

Description of Ingredients:

1. Baking Soda - Cleans and deodorizes. Softens water to increase the sudsing and cleaning power of soap. Good scouring powder.
2. Borax - Cleans and deodorizes. Excellent disinfectant. Softens water. Available in the laundry section of grocery stores.
3. Soap - Biodegrades safely and completely, and is non-toxic. Available in grocery stores and health food stores. Sold as liquid, flakes, powder or in bars. Bars can be grated to dissolve more easily in hot water. Insist on soap without synthetic scents, colors or other additives.
4. Washing Soda - Cuts grease and removes stains. Disinfects. Softens water. Available in laundry section of grocery store or in pure form from chemical supply houses as "sodium carbonate." Wear gloves while using because it is rather caustic. Don't use on soft surfaces like fiberglass, aluminum, etc.
5. White Vinegar or Lemon Juice - Cuts grease and freshens.