

## About Green Cleaning

Most homeowners (and renters) spend a lot of money on cleaning products. There are products designed for cleaning kitchens, bathrooms, floors, toilets, glass, wood furniture – the list goes on and on. But many of these store-bought household cleaners contain chemicals that can be harmful, especially to children. You might be surprised to learn that some of the most basic, inexpensive ingredients – many of which you might already have in your home – can be mixed into natural cleaning solutions that will eliminate dirt, germs, and grease.

## DIY Green Cleaning Recipes

### All Purpose Cleaner

- 3 Tbs. white vinegar
- 1/2 tsp. washing soda
- 1/2 tsp. vegetable oil based liquid soap
- 2 cups hot water

Mix ingredients in spray bottle. Apply and wipe clean.

### Floor Cleaner

#### For greasy, no-wax floors

- 1 cup of white vinegar
- 1/4 cup washing soda
- 1 Tbs. vegetable oil based liquid soap
- 2 gallons hot water

Combine all ingredients, stirring well to dissolve the soda. Mop as usual.

### Air Freshener

- 1 cup water
  - 1/4 cup baking soda
  - 10-20 drops essential oil of your choice
- Add water and baking soda to a spray bottle and mix. Add in 10-20 drops of essential oil. Mist around the room for a natural and fresh scent.

### Disinfectant Cleaner

- 2 cups water
  - 20-30 drops of tea tree oil
  - 2 Tbs. of white vinegar
  - 1Tbs. vegetable oil based liquid soap
- Combine water, oil and vinegar in spray bottle and shake. Add liquid soap. Shake again and cleaner is ready to use.

### No-Streak Glass Cleaner

- 1/4 cup white vinegar
- 1 Tbs. cornstarch
- 1 qt. warm water

Mix ingredients and apply with a sponge or pour into a spray bottle and spray on. For lint-free results, wipe dry with crumpled newspaper, buff to a shine.

### Non-Abrasive Soft Scrubber

- 1/4 cup borax
- 1 Tbs. Vegetable oil based liquid soap
- 1/2 tsp. lemon essential oil

In a bowl, mix the borax with enough soap to form a creamy paste. Add lemon oil and blend. Scoop a small amount of mixture onto sponge, wash the surface, and then rinse well.

### Toilet Bowl Cleaner

- 1 cup borax
- 1/2 cup white vinegar

Flush to wet sides of the bowl. Sprinkle the borax around the bowl, then spray with vinegar. Leave for several hours or overnight before scrubbing with a toilet brush.

### Wood Cleaner

- 2 Tbs. olive oil
- 2 tsps. white vinegar
- 1/4 cup lemon juice

Mix ingredients. Using a soft cloth, rub cleaner into the wood in the direction of the grain.

Visit [indianahealthyhomesalliance.org/green-cleaning/](http://indianahealthyhomesalliance.org/green-cleaning/) for more ideas!

Ingredient:	Benefit:
Baking Soda	Baking soda (sodium bicarbonate) is a natural mineral that effectively cleans, deodorizes, brightens, and cuts through grease and grime.
Vinegar	Thanks to its acidity, vinegar contains antimicrobial properties. It cleans effectively (and gently!) by eliminating grease, soap scum, and grime.
Castile Soap	Castile soap is a style of soap that's made from 100 percent plant oils (meaning it uses no animal products or chemical detergents)
Borax	Borax (sodium tetraborate) is a natural mineral that is commonly used in laundry and around the house to remove soap scum on porcelain and fiberglass surfaces, and removes grease and grime.
Lemon Juice	Natural lemon juice destroys mold and mildew, cuts through grease, and shines hard surfaces.
Essential Oils	Essential oils have naturally occurring plant compounds also make great scent additions to homemade cleaning products (particularly if you do not like the smell of vinegar).

### Tips to remember when purchasing cleaning, sanitizing, and disinfecting products:

- Manufacturers are NOT required to prove that their products are safe OR list all the ingredients on the product label, especially those used in artificial fragrances.
- Marketing labels such as "natural," "green," "environmentally friendly," and "non-toxic" have no legal meaning. They are marketing tools used by manufacturers.