

Environmentally Friendly Cleaning Recipes (Inside)

TOP INGREDIENTS: Baking soda, plain white vinegar, liquid soap, (*detergent if you have hard water*) lemon juice and olive oil.

Useful but toxic if swallowed: borax, washing soda



Drains: pour 1 cup baking soda, 1 cup vinegar, and some salt, then wait 5 minutes, flush with 2 quarts boiling water

Windows/ glass cleaner: 1/4 cup vinegar, 1/2 tsp. liquid soap (or detergent), 2 cups warm water

All purpose cleaners*: 1/4 cup vinegar, 2 tsp. borax (dissolve in hot water first), 3 1/2 cups hot water, 1/4 cup liquid dish soap (added last)

OR

1 tbsp. castile liquid soap, 2 cups water, 1 cup vinegar, 1 tbsp. lemon juice

Scouring powder*: 1 cup baking soda, 1/4 cup borax

Appliances*: 1 tsp. borax, 3 tbsp. vinegar, 2 cups hot tap water

OR

1 tsp. castile liquid soap, 1 tsp. washing soda, 3 cups warm water, 1 tbsp. vinegar

Oven: sprinkle water, add baking soda in a quarter-inch layer, sprinkle water again, let sit overnight, scrub

Kitchen Cabinet Degreaser: 1/4 cup lemon juice and 1 quart hot water, then rub on wood surfaces

Wood floor Cleaner: 1/4 cup vinegar, 1/4 cup water, 1/2 tsp liquid soap, a few drops olive oil

Wood polish*: 1 tbsp. lemon juice and 2 tbsp. olive oil

Carpet: baking soda and hot water, let sit then scrub with club soda
(continued on reverse)



HIGHMARK®



Bathroom spray*: 1 tbsp. castile liquid soap, 1 cup warm water, 1/4 tsp. tea tree oil, 1/2 cup vinegar

Toilet Bowl*: 1 cup borax, 1/4 cup vinegar

Shower Curtain: Rub a sponge saturated with vinegar on your shower curtain to remove soap build-up, mold and mildew

* Add drops of an essential oil of your choice if you prefer an aroma (lavender, lemon)

Environmentally Friendly Cleaning Recipes (Outside)



Car Washing Soap: large bucket full of water, 1 cup liquid detergent, 12 tbsp. of powdered environmentally friendly laundry detergent, 3 tbsp. of vinegar



Car Wax: : 1 cup linseed oil, 4 tbsp. carnauba wax, 2 tbsp. beeswax, 1/2 cup vinegar, heat all ingredients slowly in a saucepan until liquid, place in container and wait until it hardens.

Check out these sites for more eco-friendly recipes (including tips for laundry, air fresheners and disinfectants)

<http://www.thegreenguide.com/> • <http://eartheasy.com/> • <http://Vinegartips.com/cleaning>

<http://www.armhammer.com/myhome/> • <http://www.care2.com/greenliving/make-your-own-non-toxic-cleaning-kit.html>

Annie Berthold-Bond. *Clean & Green*. Woodstock, NY: Ceres Press, 1994.

Amy Kolb Noyes. *Nontoxic Housecleaning*. White River, Vermont: Chelsea, 2009.

<http://www.gatherlittlebylittle.com/2008/03/homemade-car-cleaning-products/> • <http://www.womenandenvironment.org/>