

SAFER AND GREENER CLEANING

The following recipes are taken from EWG.org

Make your own cleaning materials:

- White Vinegar
- Baking Soda
- Lemon Juice
- Liquid soap, fragrance free and not antibacterial
- Washing soda*

Cleaning tools:

- squeegee—showers, windows, mirrors
- scrub brush
- microfiber cloth and sponge

All purpose cleaner: Mix hot water with 1/2 teaspoon of washing soda and 1/2 teaspoon of liquid soap or dish detergent

Bathroom: Wet 1/2 cup baking soda with a small amount of liquid soap to get an “icing” consistency. Works like a soft scrub

Kitchen: Mix vinegar and salt for a grease fighting surface cleaner.

Pans: For burned on food particles in pans, sprinkle with baking soda and add about 1 teaspoon of white vinegar and let it sit.

Laundry: Instead of softener, add vinegar to rinse cycle. It prevents static cling, softens and brightens. Sprinkle dryer balls with a few drops of essential oil lavender, citrus, or thieves.

* - www.ewg.org/guides/cleaners ** - use gloves when handling washing soda