

Safer Alternative Cleaners

Baking Soda – Cleans and deodorizes. Softens water to increase cleaning power of soap. Good scouring powder.

Borax – Cleans and deodorizes. Excellent disinfectant. Softens water. Available in laundry section of grocery store.

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.

Washing Soda – Cuts grease and removes stains. Disinfects and softens water. Available in laundry section of grocery store or in pure form from chemical supply hoses as “sodium carbonate.”

White Vinegar or Lemon Juice – Cuts grease and freshens.

Use a plastic, 1-quart (4 cup) spray bottle to make the cleaners. Always put the water in first. BE SURE to label the bottle and store it safely out of reach of children.

General Household Cleaner

Mix the following with the 4 cups of water:

1 tsp. liquid soap (castile, peppermint)

1 tsp. borax

1 squeeze of lemon

4 cups warm water

OR

1 tbs. baking soda

2 tbs. borax

2 tbs. vinegar

4 cups water

For surface that needs scouring, try moist salt or baking soda and green scouring pad.

Window Cleaner

Mix the following:

2 tsp. vinegar

4 cup water

OR

½ tbs. borax

¾ cup water

Rub dry with newspaper to avoid streaking.

Disinfectant

Mix the following:

1 tbsp. borax

2 cups hot water

Oven Cleaner

Mix the following:

1 tbsp. baking soda

½ tbsp. salt

Hot water, as needed to make a paste.

Let paste sit for 5 minutes. Caution: Keep off wires/heating elements

OR

½ tbsp. liquid soap (castile, peppermint)

½ tsp. borax

1 cup warm water

Spray on oven and wait 20 minutes, then clean. For tough stains, scrub with very fine steel wool and baking soda.

Drain Cleaner

Pour together:

2 tbsp. borax in drain followed by

½ cup boiling water

OR

1 tbsp. baking soda down the drain followed by

2 tbsp. vinegar

Cover drain and let sit for 15 minutes. Follow with 2 cups boiling water.

OR

Use a plumber's "snake" and boiling water.

Toilet Bowls

Pour:

1 tbsp. baking soda into bowl and drizzle with vinegar.

Let sit for ½ hour. Scrub and flush. Add borax for stains.

Ceramic Tiles

Mix the following:

1 tbsp. vinegar

4 cups warm water

Basin, Tub, and Tile

Mix the following:

½ cup baking soda

2-3 tbsp. liquid soap (castile, peppermint)

Mildew Remover

Dissolve together:

½ cup vinegar

½ cup borax in warm water

Apply with sponge or spray bottle.