



Clean “Green”

Strong smells from cleaners can cause asthma flare-ups. Also, chemicals used in cleaners can be toxic for everyone; not just kids with asthma. The recipes below are healthier for cleaning and they cost less.

Remember to clean when children are not present, ventilate, never mix cleaners, and rinse well.

CLEAN “GREEN”

Cleaning with Vinegar

Basic Recipe for Vinegar Spray:

- Fill 1/2 spray bottle with vinegar.
- Fill the rest of the spray bottle with water

Add lemon juice or other essential oils for scent!

Sanitation is increased if hydrogen peroxide is sprayed on any surface directly after using vinegar spray.

Use vinegar spray to clean:

- Kitchen counters and appliances.
- Cutting boards and knives.
- Flooring—vinegar is good for wood.
- Bathroom counters and facilities.
- Windows, mirrors, and glass.



Windows, mirrors, and glass

- Spray on.
- Scrub with squeegee scrubber.
- Re-wet.
- Squeegee down to one corner and dry with a cloth.

After switching from a store cleaner, add 1/2 teaspoon liquid soap.

Flooring

- Spray floor with vinegar spray.
- Wipe clean.
- No rinsing.

Add one teaspoon of glycerin soap (or liquid dish soap) for dirtier floors, but you will need to rinse.

Cleaning with Baking Soda

Basic Recipe for Baking Soda Mixture:

- 16 oz baking soda.
- 4 T liquid soap.
- 1 cup warm water.

Use baking soda mix to clean:

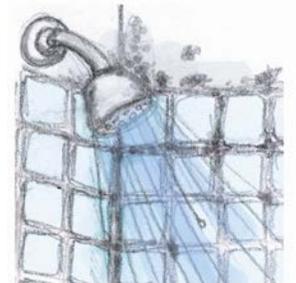
- Soap scum in bathtubs and sinks.
- Toilets.
- Mineral build-up around water fixtures.
- Tile and grout.



M. Tsutsumi

Mold

- Baking soda mixture.
- 2-3 drops tea tree oil.
- Apply paste to mold.
- Scrub.
- Let sit 30 minutes or overnight.
- Rinse.



N. Schimel

Follow with a spray of hydrogen peroxide.

Problem mold

Advanced mold can destroy building materials. Use equal parts water and bleach. Example: 1 gallon bleach plus 1 gallon water.

- Apply to area.
- Scrub.
- Rinse clean.
- Wear a mask.
- Open windows.
- Turn on a fan.

Special Cleaning Chores

Oven

- Sprinkle baking soda to cover all mess.
- Spray with water until very damp.
- Re-wet occasionally with vinegar spray.
- Let sit over night.
- In the morning, wipe clean.

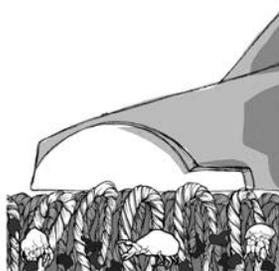


Waxed, linoleum floors

- 1/4 cup washing soda.
- 1 gallon warm water.
- Wear gloves.
- Scrub floor with recipe
- Rinse well
- Re-apply linoleum floor polish when dry.

Carpets

- Sprinkle baking soda (for stronger odor removal use Borax)
- Wait 30 minutes.
- Vacuum.



Steam clean at least once per year

- Rent a steam cleaner.
- 1/8 cup of liquid soap.
- 2 gallons of hot water.
- Up to 2 cups of baking soda (or Borax) per gallon.

Shower curtain (cleans washer too)

- 1 cup vinegar.
- 1/4 to 1/2 cup laundry detergent.
- Put curtain and several old towels in washer.
- Add mixture.
- Use a warm water cycle and complete rinse cycle.
- Hang on curtain rod to dry.

Rust stains

- 1 T cream of tartar.
- Add enough hydrogen peroxide to make a paste.
- Apply paste to stain.
- Let sit several hours.
- Wipe clean.

References

Cobb, L. (1998). Talking dirty with the queen of clean. New York, NY: Pocket Books.

Hollendar, J., Davis G., Hollendar, M., & Doyle, R. (2005). Naturally Clean: The seventh generation guide to safe & healthy, non-toxic cleaning. British Columbia, Canada: New Society Publishers.

Shopping list

Equipment

- Bucket.
- Gloves.
- Rag.
- Soft brush.
- Spray bottle.
- Squeegee.

Ingredients

- Baking soda.
- Borax.
- Cream of tartar.
- Glycerin.
- Hydrogen peroxide.
- Laundry detergent.
- Lemon juice.
- Liquid soap.
- Tee tree oil.
- Vinegar.
- Washing soda.