



Recipes for Healthy Household Cleaners



For more information
fcgov.com/healthyhomes

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GUIDELINES

- Use safe products first and stronger products as a last resort
- Avoid aerosol cans and products with phosphates and chlorine
- Never pour chemicals down sink or storm drain
- Check for free local collection events for household hazardous waste; visit fcg.gov/hazardouswaste



ALTERNATIVE CLEANING PRODUCT SHOPPING LIST

Compare these prices to what you normally pay for cleaners.

Baking Soda	Laundry, household deodorizer and cleaner, water softener	Microfiber Cleaning Cloths	Just use water for all surfaces and household chores
Bon Ami	Non-toxic scouring powder that cleans glass top stoves:	Soap Flakes	Pure soap in flake form, contains no bleaches, phosphates, enzymes, or perfumes. Good for washing clothing
Borax	Natural laundry soap and multi-household cleaner	Technical grade Boric Acid	Safe to use in the household to control roaches
Castile Soap	Vegetable-based soap made from coconut or olive oil, (Look for: Vermont soap, Aloe Castile Liquid, or Dr. Bronner's soap)	Vanilla	Serves as a good fragrance
Cream of Tartar	A mild food acid often from grapes	Vegetable Oil	Works well when polishing and cleaning wood
Dr. Bronner's Castile Soap	Pure castile, vegetable oil-based soap	Vegetable Oil-based Soap	A soap made from vegetable oil rather than detergent made from petroleum products
Glycerin	A simple polyol compound, creates smoothness in detergents	Vinegar	Cuts grease, removes mildew & some stains
Lemon/Lime Juice	For fresh scents	Washing Soda	Sodium carbonate decahydrate, cuts grease, removes stains, disinfects, and softens water
Murphy's Oil Soap	All natural soap for wood surfaces		

OPTIONAL ADDED FRAGRANCES

- **Essential Oils** –Natural plant derived oils that aid cleaning and leave a fresh scent (Lavender, Rosemary, Mint or Sage)
- **Tea Tree Oil** – Natural oil that eliminates mold and mildew
- **Lemon Oil** – for fresh scents and furniture glow
- **Thyme**- A perennial herb from the mint family
- **Lemon Grass**- Lemongrass is a tall tropical grass. The fresh stalks and leaves have a clean lemon-like odor

ROACHES	Technical-grade boric acid or borax <i>(Sprinkle in cracks)</i>	MICE	Use snap traps for mice. • D-CON and other pesticides are harmful to you and your family. Sticky traps are also unadvisable, as they lead to a slow and painful death for mice.
		FLIES	Coat yellow paper with honey for homemade flypaper. Keep organic waste from the kitchen in tightly closed containers
		<ul style="list-style-type: none"> • Honey • Yellow Paper 	

7 Key Principles to a Healthy Home

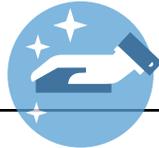
Keep it:

1. Clean - Reduce allergens and dust particles <ul style="list-style-type: none"> • Remove shoes before entering your home • Place a commercial-grade quality doormat at every entrance 	2. Safe - Be aware of the most common dangers in your home <ul style="list-style-type: none"> • Check carbon monoxide, smoke alarms, and fire extinguishers regularly. • Create a fire escape plan with all residents.
3. Free of Contaminants - Be aware of substances in your home that could make you sick <ul style="list-style-type: none"> • Dispose of harmful cleaning products/chemicals, and replace them with non-toxic alternatives • Test your home for radon and carbon monoxide 	4. Well ventilated - Ventilation expels moisture and odors and keeps your home dry and mold-free. <ul style="list-style-type: none"> • Open windows to fully ventilate your home regularly. • Use extra ventilation when using glues, paint, and other harmful chemicals
5. Dry and Mold Free - Too much water in the home causes mold and structural damage <ul style="list-style-type: none"> • Run exhaust fans while showering and cooking. • Make sure your home has proper drainage. Extend downspouts 5 ft. away from the home, and check gutters for blockages. 	6. Pest-Free - Insects and rodents can trigger allergies and asthma and spread disease. Pests seek out food, water, and hiding places <ul style="list-style-type: none"> • Seal exterior gaps with coppermesh or weather stripping • Eliminate all water and food sources around the house including pet dishes and bird feeders.
7. Well Maintained - Maintenance ensures the vital systems in your house are in good shape and running efficiently.	
Inside the home <ul style="list-style-type: none"> • Take care of minor repairs before they become large problems • Check the flues, filters and vents of your heating systems to ensure they are clean and connected properly. 	Outside the Home <ul style="list-style-type: none"> • Check the caulking around windows and door frames (inside and out) • Clean gutters and downspouts quarterly

METAL CLEANERS & POLISHES

BRONZE POLISH
<ul style="list-style-type: none"> • 1/4 tsp. salt • 1/4 cup white vinegar • 1/4 cup flour <p><i>Dissolve salt into vinegar. Add enough flour to make a paste. Apply to bronze surface.</i></p>
STAINLESS STEEL POLISH
<ul style="list-style-type: none"> • 3 tbsp. baking soda • 1 cup water <p><i>Mix ingredients together to make a paste. Apply to stainless steel with scouring pad.</i></p>
FURNITURE POLISH
<ul style="list-style-type: none"> • 1/2 cup lemon juice • 1 cup vegetable oil • 1 1/2 cups water • 2 drops lemon oil for fragrance <p><i>Mix ingredients in a 16 oz. spray bottle. Works great on wood furniture, Formica countertops, and other hard surfaces.</i></p>

SUEDE CLEANER
<ul style="list-style-type: none"> • Art-gum eraser • Sand paper or emery board <p><i>To remove dirt marks, rub out with an eraser. Buff lightly with sand paper or emery board.</i></p>
LEATHER
<ul style="list-style-type: none"> • Cold pressed nut oil, olive oil, walnut oil, or beeswax <p><i>Apply one of the above ingredients to leather. Buff with chamois cloth.</i></p>
CHROME POLISH
<ul style="list-style-type: none"> • Baby oil • Soft cloth <p><i>Rub chrome surface with baby oil. Clean with soft cloth</i></p>



PESTICIDES

GENERAL
<ul style="list-style-type: none"> • 6 cloves crushed garlic • 1 tbsp. dried hot pepper • 1 tsp. dry soap • 4qts. hot water <p><i>Mix ingredients together, let stand 1 to 2 days, strain, pour into a spray bottle, and spray on foliage.</i></p>
MOSQUITOES
<ul style="list-style-type: none"> • 15 drops lavender oil • 3-4 tbsp. vanilla extract • 1/4 cup lemon juices <p><i>Combine in spray bottle. shake well</i></p>

ANTS
<ul style="list-style-type: none"> • Bone meal, cinnamon, cream of tartar, red chili pepper, salt, dried mint, dried sage, cucumber peelings, perfume, paprika, powdered charcoal, or diluted Neem Oil <p><i>Pour any of the above ingredients at the place where ants are entering the house</i></p>
MOTHS
<ul style="list-style-type: none"> • 1/2 lb. rosemary • 1/2 lb. mint • 1/4 lb. thyme • 1/4 lb. ginseng (optional) <p><i>Mix ingredients together. Put in small cheese cloth bags. OR place a bowl of hot soapy water under a light in the evenings.</i></p>

IN THE LAUNDRY ROOM

LAUNDRY DETERGENT	FABRIC SOFTENERS
<ul style="list-style-type: none"> • 1 oz. Dr. Bronner's liquid castile soap • 1 cup washing soda • 1 cup baking soda • 1 cup white vinegar <p><i>Fill washer with water and add each ingredient in the order given. Launder as usual.</i></p>	<ul style="list-style-type: none"> • 2 cups baking soda • 2 cups white vinegar • 4 cups water <p><i>Mix these ingredients and use 1/4 cup per load in the final rinse.</i></p>
STAIN REMOVERS	
<ul style="list-style-type: none"> • Coffee and Tea Stains – <i>Mix 1 tsp. salt and 1 tsp. white vinegar</i> • Fruit & Wine Stains – <i>Immediately pour salt or cold soda water on stain and soak in milk before washing.</i> • Ink Stains – <i>Soak in milk or remove with hydrogen peroxide.</i> • Blood Stains – <i>Pour salt or cold soda water on the stain and soak in cold water before washing.</i> 	<ul style="list-style-type: none"> • Coffee and Chocolate Stains – <i>Mix egg yolk with lukewarm water and rub on stain</i> • Chewing Gum – <i>Rub with ice, gum will flake off.</i> • Wine Stain Remover – <i>Pour on club soda immediately and blot with clean cloth.</i> • Lipstick Spot Remover – <i>Rub stain with shortening. Wash with washing soda **WEAR GLOVES</i>

WALLS AND FLOORS

CARPET CLEANERS	TILE FLOOR CLEANER
<ul style="list-style-type: none"> • Dry #1-1 box baking soda • Dry #2-1 cup borax & 2 cups cornmeal <p><i>Mix ingredients together and let stand on carpet one hour before vacuuming</i></p>	<ul style="list-style-type: none"> • 1 cup vinegar • 1 gal. hot water <p><i>Mix ingredients. Apply with mop. Wipe clean.</i></p>
WOOD FLOOR CLEANER	PET URINE
<ul style="list-style-type: none"> • 1/8 cup olive oil • 1/8 cup vinegar • 2 qt. water • 1-2 drops of lemon essential oil <p><i>Mix ingredients. Apply with mop. Wipe clean.</i></p>	<ul style="list-style-type: none"> • 1/4 cup vinegar • 1 tbsp. Dr. Bronner's liquid castile soap • 2 cups water <p><i>Apply vinegar and soap to stain. Let stand for 15 min. Rinse area with warm water. Blot dry.</i></p>
GARAGE FLOOR CLEANER	
<ul style="list-style-type: none"> • 1 cup washing soda • 1/2 cup water <p><i>Mix ingredients. Apply with mop. Wipe clean.</i></p>	



AROUND THE HOUSE

ALL PURPOSE CLEANER

- Mix 2 tbsp. of vinegar with 1 tsp. borax.
- Fill the rest of the 8oz. spray bottle with warm water
- Shake until the borax is dissolved
- Add the 1/4 cup of Dr. Bronner's castile liquid soap
- To scent, add 10 to 15 drops of an essential out

Use for cleaning countertops, floors, walls, carpets, windows and upholstery.

DISINFECTANT SPRAY

- 2 cups water
- 1/4 cup white vinegar
- 1/4 tsp. Tea Tree Oil
- 1/4 tsp Lavender Oil

Mix ingredients in a 16 oz. spray bottle. Spray on items like toilet rims, cutting boards, sinks, etc.

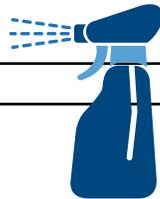
WEEKLY DUSTING- Simply damp dust with a microfiber cloth

AIR FRESHENERS

- **LEMON** - 1 tsp baking soda, 2 cups hot water & 1 tsp. lemon juice
Dissolve solution and pour into a 16 oz. spray bottle and spray as you would an air freshener.
- **CLOVES AND CINNAMON** - 2 to 3 tbsp. cloves & 2 to 3 cinnamon sticks **Wrap cloves and cinnamon in a cheesecloth, boil in water.**
- **VANILLA** - 1 to 2 tbsp. pure vanilla **Place in small saucer and set in room.**

GLASS CLEANER

- 1/8 to 1/4 cup white vinegar
 - 2 cups warm water
- Mix ingredients together in a 16 oz. spray bottle. Apply. Use newspaper to dry glass**



IN THE KITCHEN

DISHWASHER SOAP

- 1/4 cup soap flakes
- 2 cups hot water
- 1/4 cup glycerin
- 1/2 tsp. lemon essential oil

Dissolve soap flakes in water and cool to lukewarm. Stir in the glycerin and the essential oil, leave to cool. As it cools, it will form a loose gel. Stir with a fork and break up the gel and then pour into a narrow-necked bottle.

MICROWAVE OVEN CLEANER

- 1/4 cup baking
- 1 tsp vinegar
- 5-6 drops thyme, lemongrass, or lemon essential oil

Combine all ingredients to make a paste. Apply to the walls and floor of the microwave with a soft cloth or sponge. Rinse well and leave the microwave door open to air-dry

To loosen caked on debris, microwave 2 cups of water for 5 minutes and wipe clean

GARBAGE CAN DEODORIZER

- Handfull of baking soda

Sprinkle over garbage each time new trash is added

OVEN CLEANER

- 1 quart warm water
 - 1 cup baking soda
 - 2 tsp. borax
 - 2 tsp. liquid soap
- Combine one cup of baking soda with enough water to make a paste. Apply it to your oven surfaces, and let it stand for a short while. Use a scouring pad for scrubbing the surfaces.**

SCOURING POWDER

- 1 cup baking soda
 - 1/2 cup salt
 - 1/2 cup borax powder
- Mix ingredients. Lightly wet surface with water or undiluted white vinegar. Sprinkle powder and let sit for 5 minutes. Scrub with sturdy brush until clean Rinse with water or vinegar.**

GREASE CLEANER

- 1/2 tsp. washing soda
 - 1/4 to 1/2 tsp. vegetable oil-based liquid soap
 - 3 tbsp. vinegar
 - 2 cups hot water
- Mix ingredients together in a spray bottle. Spray. Scrub. Wipe clean. ***WEAR GLOVES.**

DRAIN CLEANER

- 1/8 to 1/4 cup white vinegar
 - 2 cups warm water
- Mix ingredients together in a 16 oz. spray bottle. Apply. Use newspaper to dry glass**



IN THE BATHROOM

TUB AND TILE CLEANER

- 1 2/3 cups baking soda
 - 1/2 cup of Dr. Bronner's castile liquid soap
 - 2 tbsp. vinegar
 - 1/2 cup hot water
 - A few drops of tea tree oil
- Mix baking soda and soap. Add water, then add vinegar and oil. Store in an 8 oz. spray bottle and shake before using. Rinse thoroughly to avoid leaving a residue.**

TOILET BOWL CLEANER

- Borax
 - Lemon Juice
- Mix ingredients together to make a paste, let stand in toilet bowl for 2 hours, scrub. **WEAR GLOVES**.**

LIME AND MINERAL DEPOSIT REMOVER

- Vinegar
- Paper towels

MOLD KILLERS

- White Vinegar- **scrub mold with sponge and vinegar.**
- Tea Tree Oil- **Rub over mold and then scrub away**
- Detergent (Dr. Bronner's Castile Soap) and Water- **scrub with sponge....OR....**
- 1 cup White Vinegar, 1/2 cup Hydrogen Peroxide, and 1 cup water.
Wait at least one hour before rinsing.

SEPTIC TANK MAINTENANCE

- 1 cup baking soda
- Flush down toilet once per week**

Soak towels in vinegar, cover deposits, let stand for about 1 hour.