Recipes for Healthy Household Cleaners
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 strom drain
- Check for free local collection events for household hazardous waste; visit fcgov.com/hazardouswaste

ALTERNATIVE CLEANING PRODUCT SHOPPING LIST
*Compare these prices to what you normally pay for cleaners.*

<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baking Soda</td>
<td>Laundry, household de-odorizer and cleaner, water softener</td>
</tr>
<tr>
<td>Bon Ami</td>
<td>Non-toxic scouring powder that cleans glass top stoves.</td>
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<tr>
<td>Borax</td>
<td>Natural laundry soap and multi-household cleaner</td>
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<tr>
<td>Castile Soap</td>
<td>Vegetable-based soap made from coconut or olive oil. (Look for: Vermont soap, Aloe Castile Liquid, or Dr. Bronner’s soap)</td>
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<tr>
<td>Cream of Tartar</td>
<td>A mild food acid often from grapes</td>
</tr>
<tr>
<td>Dr. Bronner’s Castile Soap</td>
<td>Pure castile, vegetable oil-based soap</td>
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<tr>
<td>Glycerin</td>
<td>A simple polyol compound, creates smoothness in detergents</td>
</tr>
<tr>
<td>Lemon/Lime Juice</td>
<td>For fresh scents</td>
</tr>
<tr>
<td>Murphy’s Oil Soap</td>
<td>All natural soap for wood surfaces</td>
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</tbody>
</table>

Microfiber Cleaning Cloths

- Just use water for all surfaces and household chores

Soap Flakes

- Pure soap in flake form, contains no bleaches, phosphates, enzymes, or perfumes. Good for washing clothing

Technical grade Boric Acid

- Safe to use in the household to control roaches

Vanilla

- Serves as a good fragrance

Vegetable Oil

- Works well when polishing and cleaning wood

Vegetable Oil-based Soap

- A soap made from vegetable oil rather than detergent made from petroleum products

Vinegar

- Cuts grease, removes mildew & some stains

Washing Soda

- Sodium carbonate decyhydrate, cuts grease, removes stains, disinfects, and softens water

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

GUIDELINES

- ROACHES
- Technical-grade boric acid or borax (Sprinkle in cracks)
- 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

- Honey
- Yellow Paper

7 Key Principles to a Healthy Home

1. Clean - Reduce allergens and dust particles
   - 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
   - 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
   - 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.
   - 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
   - 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
   - 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**
   - Take care of minor repairs before they become large problems
   - Check the flames, filters and vents of your heating systems to ensure they are clean and connected properly.

   **Outside the Home**
   - Check the caulking around windows and door frames (inside and out)
   - Clean gutters and downspouts quarterly
**BRONZE POLISH**
- 1/4 tsp. salt
- 1/4 cup white vinegar
- 1/4 cup flour
  Dissolve salt into vinegar. Add enough flour to make a paste. Apply to bronze surface.

**STAINLESS STEEL POLISH**
- 3 tbsp. baking soda
- 1 cup water
  Mix ingredients together to make a paste. Apply to stainless steel with scouring pad.

**FURNITURE POLISH**
- 1/2 cup lemon juice
- 1 cup vegetable oil
- 1 1/2 cups water
- 2 drops lemon oil for fragrance
  Mix ingredients in a 16 oz. spray bottle. Works great on wood furniture, Formica countertops, and other hard surfaces.

**METAL CLEANERS & POLISHES**

**SUDE CLEANER**
- Art-gum eraser
- Sand paper or emery board
  To remove dirt marks, rub out with an eraser. Buff lightly with sand paper or emery board.

**LEATHER**
- Cold pressed nut oil, olive oil, walnut oil, or beeswax
  Apply one of the above ingredients to leather. Buff with chamois cloth.

**CHROME POLISH**
- Baby oil
- Soft cloth
  Rub chrome surface with baby oil. Clean with soft cloth

**GENERAL**
- 6 cloves crushed garlic
- 1 tbsp. dried hot pepper
- 1 tsp. dry soap
- 4 qts. hot water
  Mix ingredients together, let stand 1 to 2 days, strain, pour into a spray bottle, and spray on foliage.

**ANTS**
- Bone meal, cinnamon, cream of tartar, red chili pepper, salt, dried mint, dried sage, cucumber peelings, perfume, paprika, powdered charcoal, or diluted Neem Oil
  Pour any of the above ingredients at the place where ants are entering the house

**MOSQUITOES**
- 15 drops lavender oil
- 3-4 tbsp. vanilla extract
- 1/4 cup lemon juice
  Combine in spray bottle. Shake well

**STAIN REMOVERS**
- Coffee and Tea Stains –
  Mix 1 tsp. salt and 1 tsp. white vinegar
- Fruit & Wine Stains –
  Immediately pour salt or cold soda water on stain and soak in milk before washing.
- Ink Stains –
  Soak in milk or remove with hydrogen peroxide.
- Blood Stains –
  Pour salt or cold soda water on the stain and soak in cold water before washing.
- Coffee and Chocolate Stains –
  Mix egg yolk with lukewarm water and rub on stain
- Chewing Gum -
  Rub with ice, gum will flake off.
- Wine Stain Remover -
  Pour on club soda immediately and blot with clean cloth.
- Lipstick Spot Remover -
  Rub stain with shortening. Wash with washing soda **WEAR GLOVES**

**IN THE LAUNDRY ROOM**

**LAUNDRY DETERGENT**
- 1 oz. Dr. Bronner’s liquid castile soap
- 1 cup washing soda
- 1 cup baking soda
- 1 cup white vinegar
  Fill washer with water and add each ingredient in the order given. Launder as usual.

**FABRIC SOFTENERS**
- 2 cups baking soda
- 2 cups white vinegar
- 4 cups water
  Mix these ingredients and use 1/4 cup per load in the final rinse.

**STAIN REMOVERS**
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**WALLS AND FLOORS**

**PETS URINE**
- 1/4 cup vinegar
- 1 tsp. Dr. Bronner’s liquid castile soap
- 2 cups water
  Apply vinegar and soap to stain. Let stand for 15 min. Rinse area with warm water. Blot dry.

**CARPET CLEANERS**
- Dry #1-1 box baking soda
- Dry #2-1 cup borax & 2 cups cornmeal
  Mix ingredients together and let stand on carpet one hour before vacuuming

**WOOD FLOOR CLEANER**
- 1/8 cup olive oil
- 1/8 cup vinegar
- 2 qt. water
- 1-2 drops of lemon essential oil
  Mix ingredients. Apply with mop. Wipe clean.

**TILE FLOOR CLEANER**
- 1 cup vinegar
- 1 gal. hot water
  Mix ingredients. Apply with mop. Wipe clean.

**PET URINE**
- 1/4 cup vinegar
- 1 tsp. Dr. Bronner’s liquid castile soap
- 2 cups water
  Apply vinegar and soap to stain. Let stand for 15 min. Rinse area with warm water. Blot dry.
**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 oil

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

**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.*

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

*Mix ingredients together in a 16 oz. spray bottle. Apply. Use newspaper to dry glass.*

**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.*

**WEEKLY DUSTING** - Simply damp dust with a microfiber cloth

**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.*

**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.***

**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.*

**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.*

**TOILET BOWL CLEANER**
- Borax
- Lemon Juice

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

**SEPTIC TANK MAINTENANCE**
- 1 cup baking soda

*Flush down toilet once per week*

**LIME AND MINERAL DEPOSIT REMOVER**
- Vinegar
- Paper towels

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