

Recipes for Healthy Household Cleaners





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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
- To 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.

Baking Soda	Laundry, household deodorizer and cleaner, water softener
Bon Ami	Non-toxic scouring powder that cleans glass top stoves
Borax	Natural laundry soap and multi-household cleaner
Castile Soap	Vegetable-based soap, made from coconut or olive oil (Look for: Vermont soap, Aloe Castile Liquid, or Dr. Bronner's Soap)
Cream of tartar	A mild food acid often from grapes
Glycerin	A simple polyol compound, creates smoothness in detergents
Lemon/Lime Juice	For fresh scents
Murphy's Oil Soap	All natural soap for wood surfaces

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 and some stains
Washing Soda	Sodium carbonate decahydrate, 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

AROUND THE HOUSE

ALL PURPOSE CLEANER

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

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

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

MICROWAVE OVEN CLEANER

- 1/4 cup baking soda
- 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 water for 5 minutes and wipe clean*

GARBAGE CAN DEODORIZER

Sprinkle a handful of baking soda over garbage each time new trash is added

<h3 style="text-align: center;">OVEN CLEANER</h3> <ul style="list-style-type: none"> • 1 quart warm water • 1 cup baking soda • 2 tsp. borax • 2 tsp. liquid soap <p>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.</p> <p>Use a scouring pad for scrubbing the surfaces.</p>	<h3 style="text-align: center;">GREASE CLEANER</h3> <ul style="list-style-type: none"> • 1/2 tsp. washing soda • 1/4 to 1/2 tsp. vegetable oil-based liquid soap (Dr. Bronner's, Murphy's Oil, castile soap) • 3 tbsp. vinegar • 2 cups hot water <p>Mix ingredients together in a spray bottle. Spray. Scrub. Wipe clean ***WEAR GLOVES</p>
<h3 style="text-align: center;">SCOURING POWDER</h3> <ul style="list-style-type: none"> • 1 cup baking soda • 1/2 cup of vegetable oil soap (Dr. Bronner's, Murphy's Oil, castile soap) • 2 tbsp. vinegar • 1/2 cup hot water • A few drops of tea tree oil <p>Mix baking soda and soap. Add water, then add vinegar and oil. Store in a spray bottle and shake before using. Rinse thoroughly to avoid leaving a residue</p>	<h3 style="text-align: center;">DRAIN CLEANER</h3> <ul style="list-style-type: none"> • 1 cup baking soda • 2 cups boiling water • 1 cup vinegar <p>Pour baking soda down drain followed by boiling water and then vinegar</p>
<h2 style="margin: 0;">IN THE BATHROOM</h2>	
<h3 style="text-align: center;">TUB AND TILE CLEANER</h3> <ul style="list-style-type: none"> • 1-2/3 cups baking soda • 1/2 cup of vegetable oil soap (Dr. Bronner's, Murphy's Oil, castile soap) • 2 tbsp. vinegar • 1/2 cup hot water • A few drops of tea tree oil <p>Mix baking soda and soap. Add water, then add vinegar and oil. Store in a spray bottle and shake before using. Rinse thoroughly to avoid leaving a residue.</p>	<h3 style="text-align: center;">MOLD KILLERS</h3> <ul style="list-style-type: none"> • White vinegar - scrub mold with sponge and vinegar • Tea Tree Oil - Rub over mold and then scrub away • Detergent - Vegetable oil soap (Dr. Bronner's, Murphy's Oil, castile soap) and water—scrub with sponge....or... • 1 cup white vinegar, 1/2 cup hydrogen peroxide, and 1 cup water <p>Wait at least one hour before rinsing</p> 
<h3 style="text-align: center;">TOILET BOWL CLEANER</h3> <ul style="list-style-type: none"> • Borax • Lemon juice <p>Mix ingredients together to make a paste, let stand in toilet bowl for 2 hours, scrub. **WEAR GLOVES</p>	<h3 style="text-align: center;">SEPTIC TANK MAINTENANCE</h3> <ul style="list-style-type: none"> • 1 cup baking soda <p>Flush down toilet once a week</p>
<h3 style="text-align: center;">LIME AND MINERAL DEPOSIT REMOVER</h3> <p>- Soak paper towels in vinegar, cover deposits, let stand for about 1 hour</p>	

IN THE LAUNDRY ROOM

LAUNDRY DETERGENT

- 1 oz. vegetable soap (Dr. Bronner's, Murphy's Oil, 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

- **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 Stains**—Pour on club soda immediately and blot with clean cloth
- **Lipstick Spot Remover**—Rub stain with shortening. Wash with washing soda ***WEAR GLOVES***

WALLS AND FLOORS

CARPET CLEANER

- Dry #1—1 box baking soda
- Dry #2—1 cup borax and 2 cups cornmeal

Mix ingredients together and let stand on carpet one hour before vacuuming

TILE FLOOR CLEANER

- 1 cup vinegar
- 1 gal. hot water

Mix ingredients. Apply with mop. Wipe clean

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

PET URINE

- 1/4 cup vinegar
- 1 tbsp. vegetable oil soap (Dr. Bronner's, Murphy's Oil, castile soap)
- 2 cups water

Add vinegar and soap to stain. Let stand for 15 min. Rinse area with warm water. Blot dry.

GARAGE FLOOR CLEANER

- 1 cup washing soda
- 1/2 cup water

Mix ingredients. Apply with mop. Wipe clean



METAL CLEANERS & POLISHES

BRONZE POLISH	SUEDE CLEANER
<ul style="list-style-type: none"> • 1/4 tsp. salt • 1/4 cup white vinegar • 1/4 cup flour <p>Dissolve salt into vinegar. Add enough flour to make a paste. Apply to bronze surface</p>	<ul style="list-style-type: none"> • Art gum eraser • Sand paper or emery board <p>To remove dirt marks, rub out with an eraser. Buff lightly with sand paper or emery board</p>
STAINLESS STEEL POLISH	LEATHER CLEANER
<ul style="list-style-type: none"> • 1/4 cup rubbing alcohol • 1/3 cup white distilled vinegar <p>Combine ingredients in a spray bottle, add water to top. Use microfiber cloth to polish.</p>	<ul style="list-style-type: none"> • Cold pressed nut oil, olive oil, walnut oil, or beeswax <p>Apply one of the above ingredients to leather. Buff with chamois cloth</p>
FURNITURE POLISH	CHROME 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>Mix ingredients in a 16 oz. spray bottle. Works great on wood furniture, Formica countertops, and other hard surfaces</p>	<ul style="list-style-type: none"> • Baby oil • Soft cloth <p>Rub chrome surface with baby oil. Clean with soft cloth</p> 

PESTICIDES

GENERAL	ANTS
<ul style="list-style-type: none"> • 6 cloves crushed garlic • 1 tbsp. dried hot pepper • 1 tsp. dry soap • 4 quarts hot water <p>Mix ingredients together, let stand 1 to 2 days. Strain, pour into a spray bottle, and spray on foliage</p>	<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 of diluted Neem Oil. <p>Pour any of the above ingredients at the place where ants are entering the house</p>
MOSQUITOES	MOTHS
<ul style="list-style-type: none"> • 15 drops lavender oil • 3 - 4 tbsp. vanilla extract • 1/4 cup lemon juice <p>Combine in spray bottle. Shake well</p>	<ul style="list-style-type: none"> • 1/1/2 lb. rosemary • 1/2 lb. mint • 1/4 lb. thyme • 1/4 lb. ginseng (optional) <p>Mix ingredients together. Put in small cheese cloth bags...or...place a bowl of hot soapy water under a light in the evenings.</p>

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

7 KEY PRINCIPLES TO A HEALTHY HOME

Keep it:

1	<p>Clean</p> <p>Reduce allergens and dust particles</p>	
2	<p>Safe</p> <p>Be aware of the most common dangers in your home</p>	
3	<p>Free of Contaminants</p> <p>Be aware of substances in your home that could make you sick</p>	
4	<p>Well ventilated</p> <p>Ventilation expels moisture and odors and keeps your home dry and mold-free</p>	
5	<p>Dry and Mold Free</p> <p>Too much water in the home causes mold and structural damage</p>	
6	<p>Pest-Free</p> <p>Insects and rodents can trigger allergies and asthma and spread disease. Pests seek out food, water and hiding places</p>	
7	<p>Well-Maintained - Maintenance ensures the vital systems in your house are in good shape and running efficiently.</p>	





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