

Green Cleaning for your Home GN21 - March 19, 2012

Why clean green?

- Biodegradable ingredients
- No phosphates
- Cheaper
- Don't create super-germs.
- Safer.
- You know what's in them.
- No hormones.

The Essentials: What you'll need – and where to find it.

The top cleaners:	Where to find ingredients (sources)
White vinegar	Grocery stores
Lemon juice	Grocery stores
Baking Soda / Bicarbonate of Soda	Grocery stores, bulk stores
Salt	Grocery stores, bulk stores
Borax	Grocery stores
Olive Oil	Grocery stores
Cornstarch	Grocery stores, bulk stores
Essential oil	Health food stores (+ flavouring from Grocery stores if it's just for scent)

“ounce for ounce homemade cleaning formulas cost about one-tenth the price of their commercial counterpart—and that includes costly, but worthwhile essential oils, and concentrated, all-purpose detergents for homemade recipes.” **

Read more: <http://www.care2.com/greenliving/make-your-own-non-toxic-cleaning-kit.html#ixzz1oCAVkt2n>

** and that is not including environmental costs or personal safety

Basic uses and recipes: How to Clean Greenly

To Clean	Use	How
Sinks 1. Stains and grease 2. Cut grease	1. Bicarbonate of soda 2. Vinegar	1. Sprinkle on a gentle scrubber or sponge and scrub. 2. Sprinkle on a sponge and wipe surface.
Counters	All purpose cleaner (recipe below)	Spray on and wipe off with clear water.
Stoves	All purpose cleaner generally, bicarbonate of soda for grease and harder places.	Spray on cleaner and wipe. Use the bicarbonate to scrub with a gentle scrubber.
Stainless steel appliances	1. Microfibre cloth and 50% water, 50% vinegar solution. 2. Paper towel and olive oil	1. Rub clean and rinse. 2. Rub clean. Wipe with vinegar if necessary.
Ovens	1. Baking soda and water 2. Salt for big spills	1. Wipe oven surface with this mix and rinse off. For stubborn areas sprinkle with dry baking soda and leave 15 minutes before scrubbing with a damp cloth/scrubber. 2. Sprinkle with salt as soon as noticed and brush off. Wipe down oven when cool.
Clear drains 1. Vinegar 2. Drain cleaner mix	1. Vinegar and hot water 2. Drain cleaner mix (see recipe below)	1. Pour a cup of vinegar down the drain. Run the hot water for 3 minutes. 2. Pour drain cleaner mix down drain. Add 125 mL vinegar. Wait 15 min. Pour a kettle of boiling water down drain.
Floors	All-purpose cleaner (recipe below)	Spray on the floor surface and mop up with clean water, or, mix in a pail and mop with the mixture. Rinse with water.
Windows and mirrors	Vinegar and water and newsprint	Mix vinegar with water and wash the window/mirror. Dry with newspaper (wear gloves because the newsprint comes off).

Recipes

1) All-purpose cleaner

- 1 pint (500 mL) white vinegar
- 1 cup (250 mL) water
- 20-30 drops eucalyptus oil (optional)

Use in a spray bottle or increase amount for mopping floors, etc.
Works on stainless steel, wood, plastic, tile

2) To Tread Lightly's Multipurpose Cleaner:

<http://totreadlightly.wordpress.com/2011/06/09/spic-and-span-without-mr-clean-green-cleaning-pt-2/>

(Add the first four ingredients together into a spray bottle and then add the water, shake together when lid is firmly secured.)

- ½ tsp. baking soda
- 2 tbsp. vinegar
- ½ tsp. tea tree oil
- ½ tsp. lemon juice
- 2 cups of hot water

Lemon juice works well as a natural deodorizer, whereas the diluted vinegar and tea tree oil act together, in tandem as a dual-disinfectant. The baking soda on the other hand is an abrasive, which helps to dislodge and remove built up grime and even mildew.

3) Drain cleaner mix

- 250 mL baking soda
- 250 mL salt

Mix together.

4) Furniture Polish

Recipes without wax are:

- 25 mL olive oil
- 15 mL white vinegar
- 1 L warm water

Mix and put in a spray bottle. Warm bottle in hot water before using. Spray on, rub dry with soft cloth.

Or

- 15 mL lemon oil
- 1 L. mineral oil

Mix and put in a spray bottle. Spray on, rub in, wipe clean.

Other resources:

Vasil, Adria *Ecoholic Home* - <http://ecoholic.ca/>

<http://www.womensvoices.org/science/fact-sheets/>

<http://www.greencleaningnetwork.org/>

<http://www.care2.com/greenliving/make-your-own-non-toxic-cleaning-kit.html?page=1>

<http://www.thedailygreen.com/green-homes/latest/green-cleaning-spring-cleaning-460303>

<http://www.davidsuzuki.org/publications/resources/2011/green-cleaning-recipes/>

<http://totreadlightly.wordpress.com/2011/06/09/spic-and-span-without-mr-clean-green-cleaning-pt-2/>