



# USING GREEN CLEANERS

## GREEN CLEANERS CAN LEAD TO A HEALTHIER HOME

Some cleaning products can cause eye, skin, or respiratory irritation, or other health issues. **Look for these logos:** Safer Choice; EWG Verified; Good Housekeeping Green; Natural Produces Association Certified



### Home Cleaning Substitutes

Common Homemade Cleaner Ingredients



## SIGNAL WORDS TO AVOID

Toxic; flammable; corrosive; irritant; caution; warning; danger; poison

Be careful of **greenwashing**: Just because a package says environmentally friendly, eco- safe, organic, natural, or green doesn't mean it is.

**Signs of greenwashing:**

- No proof
- Vagueness
- Irrelevance
- Lesser of two evils
- Fibbing
- False labels



**Instead look for:**

- Biodegradability
- Low- toxicity
- Low VOC
- Hypoallergenic
- Chlorine- free
- Non-toxic
- No ammonia
- Reusable/ reduced/ recyclable packaging
- Use of renewable resources → solvents made from citrus/ seeds/ vegetable/ pine oils



# DIY CLEANERS:

## KEY INGREDIENTS FOR HOMEMADE CLEANERS

USE THIS	EXPLANATION
Baking Soda	All-purpose, non-toxic cleaner; cleans, deodorizes, removes stains, softens fabric
Borax	Natural mineral, kills mold/bacteria; bleach alternative; deodorizes, removes stains, & boosts cleaning power of soap
Castile/Vegetable Oil Based Soaps	Cleans everything
Cornstarch	Starches clothes, absorbs oil & grease
Herbs / Essential Oils	For disinfecting & fragrance
Lemon Juice	Cuts through grease; removes perspiration/stains from clothing; bleach alternative
Salt	An abrasive (for scrubbing)
Toothpaste	Mild abrasive; polishes silver (especially the tarter control one)
Vinegar	Cuts grease; removes stains; water softener

There are many recipes available online. Just do a quick search for what you need cleaned!

**GENERAL HOUSEHOLD CLEANER RECIPES**

**MIX TOGETHER**



1 tsp. liquid soap (castile, peppermint)



1 tsp. borax

OR

**MIX TOGETHER**



¼ c. baking soda



½ c. borax



squeeze of lemon



1 qt. warm water



½ c. vinegar



1 gal. water

For surfaces that need scouring, try moist salt or baking soda and a green scouring pad.

**Pots/Pans Stain Removal**  
 Boil 2 Tbls of baking soda, ½ cup vinegar, & 1 cup water for 10 minutes. Before using pan again, season with vegetable oil