

Safe, Effective, and Cheap Household Cleaners!!

**Regular chemical household cleaners can pollute drinking water, groundwater, and surface water (streams and lakes) when disposed of down the drain.

Liquid Laundry Soap:

1/2 cup Borax

1/2 cup washing soda

1 cup grated soap flakes or a grated bar soap

2 gallons of water

20 drops of essential oil (optional)

Combine Borax, washing soda and most of the water. Boil grated soap flakes remaining water and add to first mixture (you can also melt the soap flakes in the microwave.) The soap will gel the mixture together. If your water is hard, add more washing soda. Use about 1/2 cup per wash. Works in cold water.

Powder Laundry Soap:

1 cup soap flakes

1/2 cup Borax

1/2 cup washing soda

Combine ingredients. Use 1 cup for light loads and 2 cups for heavier loads

*recommended you only use your washing machine when you have full loads.

Fabric Softener:

Add 1 cup of vinegar to rinse cycle.

Furniture Polish (also makes a yummy salad dressing!!):

Mix 1 cup olive oil with 1/2 cup lemon juice. Apply with a soft cloth.

Drain Cleaner:

Pour 1/2 cup of baking soda down the drain. Follow with 1/2 cup white vinegar. Let stand 15 minutes. Flush with boiling water.

Tub & Tile Cleaner:

Mix 1/4 cup baking soda, 1/2 cup of white vinegar and 2 liters of warm water. Apply with a sponge.

Oven Cleaner:

Combine equal parts of baking soda and salt and mix these with enough water to form a paste. Use a copper scrubbing pad to apply the paste.

All purpose cleaner:

1 tsp borax, 1/2 tsp washing soda, 2 tbsp vinegar or lemon juice, 1/4 – 1/2 tsp of oil based liquid soap (such as Castile or Murphy's) and add 2 cups of hot tap water. Can use in a spray bottle on counters, walls, etc.

Air Freshener:

Simmer Cinnamon, vinegar, or herbs in water.

** Did you know that many commercial “air fresheners” contain chemicals that deaden nasal nerve endings so you can’t smell the bad odor! They also contain other harmful chemicals like **formaldehyde, artificial fragrance, benzyl alcohol, camphor, ethanol, and naphthalene**, some of which are known carcinogens, and can also trigger asthma and allergies.

Environmentally-Safe Ingredients:

Use the ingredients listed below when making your own alternative cleaners.

- **Borax:** Deodorizes, removes stains and boosts the cleaning power of soap, also prevents mold and odors.
- **Cornstarch:** Cleans and deodorizes carpets and rugs
- **Lemon Juice:** Cuts through grease and stains on aluminum and porcelain.
- **Castile Soap:** Cleans everything (not detergent).
- **Table Salt:** a mild disinfectant and makes an abrasive, but gentle, scouring powder.
- **Vinegar:** Removes mildew, stains, grease and wax buildup. Great glass cleaner.
- **Washing Soda:** Cuts grease and disinfects, also increases the cleaning power of soap.
- **Baking Soda:** All-purpose, non toxic cleaner. It cleans, deodorizes, scours, polishes and removes stains.



Cleaning Ingredients to Avoid!

- Try to avoid cleaning products containing these especially toxic ingredients:

- **Formaldehyde:** An embalmer found in plug-in air fresheners, car exhaust and tobacco smoke.
- **Silica** (a carcinogen found in some powdered cleansers)
- **NTA** (nitrilotriacetic acid, a harmful replacement for phosphates, found in some powdered laundry soap)
- **NPE** (nonylphenol ethoxylate, found in spray cleaners, degreasers, carpet stain removers and laundry detergents; may disrupt body hormones)
- **Ethylene glycol** (found in window/glass cleaners, spot removers, polish).
- **Chlorine** (common household bleach): It’s toxic! – found in laundry soaps, automatic dishwasher soap, gels and powders.
- **Phosphates** (bad for lakes and rivers, found in automatic dishwasher soap, gels and powders) Canada has already banned phosphates in laundry detergents, but only Manitoba has passed a law eliminating them from dishwasher detergents.
- **EDTA** (ethylenediaminetetraacetic acid, used as a water softener in detergents, to preserve packaged foods and to stabilize some cosmetics; also used in soft drinks to keep other ingredients from forming into the **carcinogen benzene**, and in recycling to recover lead from batteries)