

GREEN AND CLEAN

**GREEN CLEANING RECIPES
SAFER FOR YOU,
CHEAPER TO BUY,
AND BETTER FOR THE PLANET!**



University at Buffalo
Environmental Health Study
of Western New York

Tips for Making Cleaning Products Successfully

- ◆ Use white vinegar, 5% acidity.
- ◆ Use distilled water if possible.
- ◆ Never reuse any container that was originally filled with commercial cleaning products. Instead reuse plastic water bottles.
- ◆ Always place a label on the bottle with the list of ingredients in the cleaning product.
- ◆ Remember that Vitamin E can be used as a preservative agent.
- ◆ Always choose the best quality ingredients to make sure the product will be effective.
- ◆ Use non-latex gloves.



Note:

- * Essential oils can be used to scent your cleaning products (i.e lemon, peppermint, or lavender).
- * Instead of essential oils you can also use pure extracts (found in the baking aisle of your grocery store).
- * You need to use 4 times as much extract in place of an essential oil.
- * Example: If a recipe calls for 20 drops of essential oil you would need 80 drops of extract.
- * 80 drops of liquid is approximately equal to $\frac{3}{4}$ teaspoon.

ALL PURPOSE CLEANER RECIPE

- 2 cups Water
- 2 tablespoons Castile Soap
- 2 teaspoons Vinegar
- ½ teaspoon Baking Soda



Mix ingredients in spray bottle. Spray on surface. Wipe with a damp cloth. The damp cloth will remove the thin soap film.

This is excellent in the kitchen to wipe the counter and cabinets, as well as inside the microwave oven

DID YOU KNOW?

Soap and water are the best and least toxic way to remove germs and prevent illness and infection. Superbugs (bacteria that are not killed by antibiotics) are created when we use disinfectants too much and incorrectly.

High touch surfaces in your house (like faucets, doorknobs and light switches) need to be cleaned with soap and water often. You can use water with a microfiber cloth which removes 99% of bacteria or a home-made all purpose cleaner.

Microfiber cloths are made up of millions of tiny fibers that act like magnets to attract dirt, dust, bacteria, and germs. This makes them extremely effective for green cleaning.

Microfiber cloths can last for hundreds of washings (use lukewarm water and don't wash with items that shed lint). These cloths can absorb 7 times their weight in liquid and are hypoallergenic. Microfiber cloths work with only water—harsh chemicals can damage them.



TOILET BOWL CLEANER RECIPE

- ¼ cup Baking Soda
- 1 cup Distilled White Vinegar



Mix ¼ cup baking soda and 1 cup vinegar and pour the fizzy mix into the toilet bowl. Let it sit for a few minutes then scrub the bowl and flush to rinse. This recipe both cleans and deodorizes.

MOLD

Use white vinegar full strength. Apply with a sponge. (Test a small area first).

GLASS CLEANER RECIPE

- 1 cup Vinegar
- 1 cup Water
- Optional: 10 drops essential oil (or ½ teaspoon pure extract)



Mix in spray bottle and spray on glass surface and wipe with a paper towel.

This recipe has been tested by the TURI lab. It is effective on dirt, films, fingerprints and soaps on both glass surfaces and chrome.

ABSORB ODORS NATURALLY

Got an odor you're trying to eliminate? Try a Moso Bag! Moso bags are made from bamboo charcoal. They are safe, non-toxic and from a sustainable source. They absorb odors, bacteria, chemicals, and moisture from the air and last 2 years.

DRAIN DE-CLOGGER RECIPE

CAUTION: NEVER EVER use this recipe after you have used a commercial drain cleaner! It can react to produce dangerous fumes.

- ½ cup Baking Soda
- 5 tablespoons Hot Water
- 1 cup Distilled White Vinegar



Add baking soda to an 8oz container and then add 5 tablespoons of hot tap water. Stir well. (The mixture should be as thick as yogurt. If it is too thin add a little more baking soda and if its too thick, add a few more drops of water.)

Pour the baking soda and water mixture down the drain.

Add vinegar- it will fizz. Let sit for 10 minutes. Flush drain with hot water. If still clogged, plunge and then repeat treatment.

DUST AWAY

FURNITURE AND FLOOR POLISH RECIPE

- 2 cups Water
- ¼ cup Vinegar
- 1 teaspoon Light Oil (like olive oil)
- Optional: 20 drops essential oil or ¾ teaspoon of pure extract



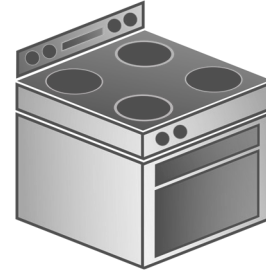
Mix in spray bottle. Shake bottle before using. Spray on cloth or directly on furniture. Dry immediately.

The oil is the conditioner and the vinegar is the cleaning agent.

Use to clean kitchen cabinets and furniture.

OVEN CLEANER RECIPE

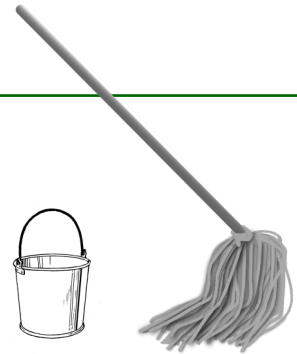
- Baking Soda
- Water



1. When the oven is cool, sprinkle baking soda on the bottom of the oven. Spray with water until very moist. Keep spraying every few hours until you go to bed so that it stays moist.
2. Make a thick paste of baking soda with water and coat sides of oven. Keep moist by misting with water. Leave overnight.
3. In the morning, wipe off the baking soda and water; the grime will come out too!

FLOOR CLEANER RECIPE

- 2 ½ cups Water
- ½ cup Vinegar
- Optional: 20 drops of essential oil (or ¾ teaspoon of pure extract)



Mix in spray bottle. Spray the mix directly on the floor that you're going to clean and wipe a microfiber mop or cloth. It works well on wooden floors, ceramic floors, and also on linoleum-type floors.

This product is also recommended to clean surfaces after the use of another product that contains soap, such as the all-purpose cleaner. It is excellent to fight mold and to eliminate bad odors, especially in the bathroom. For stains, use a small amount of baking soda and rub it.

TIPS FOR BUYING GREEN CLEANERS

If you are not able to mix your own cleaners and want to purchase a “green cleaner” at your local grocery store, here are some tips for you!

Remember: Just because a product says “green” or “natural” or “eco-friendly” doesn’t mean it really is...

Shop for products that:

- List all ingredients
- Are biodegradable
- Are plant-based not petroleum based (says “plant-derived cleaning agents” or “natural-based surfactants derived from coconut and vegetable oils”)
- pH neutral— not a strong acid (found in many toilet bowl cleaners) or base (found in oven cleaners)
- Packaged in pump-spray bottles not aerosol cans (aerosols can trigger an asthma attack)
- Are third-party certified (Safer Choice, Green Seal, and Ecologo are examples)
- Look for specific ecological labels like:
 - “No phosphates”
 - “No solvents”
 - “Plant-based”



For more information:

Environmental Working Group’s Guide to Healthy Cleaning

A searchable database of over 2,500 products at <https://www.ewg.org/guides/cleaners>

EPA’s Safer Choice Database: <https://www.epa.gov/saferchoice/products>

| GREEN INGREDIENT | WHAT IT DOES |
|--|---|
| <p>BAKING SODA</p> | <ul style="list-style-type: none"> - Cleans - Deodorizes - Mild abrasive - Odor absorber |
| <p><u>WHITE VINEGAR</u> 5% acid</p> <p><u>(NEVER mix with Bleach)</u></p> | <ul style="list-style-type: none"> - Deodorizes - Cuts grease - Prevents mold and mildew - Dissolves soap scum - Reduces bacterial load on a surface |
| <p>LIQUID SOAP Use Castile Soap; Don't use Petroleum-based soap</p> | <ul style="list-style-type: none"> - Cleans - Cuts grease |
| <p>OLIVE OIL</p> | <ul style="list-style-type: none"> - Shines |
| <p>ESSENTIAL OIL (OR EXTRACT- less concentrated) <i>Peppermint, lemon, lavender, etc.</i></p> | <ul style="list-style-type: none"> - Deodorizes - Scents |