

How to prepare the “Green Cleaning – Recipes for a Healthy Home” pages:

- The following pages, “Green Cleaning – Recipes for a Healthy Home,” should be printed back to back on heavy weight paper.
- The odd number recipes will be on top and the even number printed to the back.
- Each recipe can then be cut apart and laminated (or you could laminate the entire page and then cut each recipe apart).
- Punch a hole in the open space on the upper left area of each recipe.
- Be careful not to place the hole near the edge of the recipe, where it might tear during use.
- Stack the individual recipes with the odd number recipes on the top.
- Use a ring to hold them together.

Keep your recipes with your green cleaning supplies.



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Home Maintenance: Protect Your Investment

Green Cleaning

Recipes for a Healthy Home

COOPERATIVE
EXTENSION
SERVICE

UK
UNIVERSITY OF
KENTUCKY
College of Agriculture



Home Maintenance: Protect Your Investment

Green Cleaning

ALL-PURPOSE CLEANER

3 tbsp. white vinegar
½ tsp. washing soda
½ tsp. vegetable oil based liquid soap
2 cups hot water

Mix ingredients in spray bottle or bucket. Apply and wipe clean.



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FLOOR CLEANER

For greasy, no-wax floors:

1 cup white vinegar
¼ cup washing soda
1 tablespoon vegetable oil-based liquid soap
2 gallons hot water

Combine all ingredients, stirring well to dissolve the washing soda. Mop as usual.



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WOOD CLEANER

2 tbsp. olive oil
2 tbsp. white vinegar
¼ cup lemon juice

Mix ingredients. Using a soft cloth, rub into the wood, in the direction of the grain.



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DRAIN CLEANER

For slow drains, use this drain cleaner once a week to keep drains fresh and clog-free.

½ cup baking soda
1 cup white vinegar
1 gallon boiling water

Pour baking soda down drain/disposal, followed by vinegar. Allow the mixture to foam for several minutes before flushing the drain with boiling water.



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OVEN CLEANER

2 tbsp. vegetable oil based liquid soap
2 tbsp. borax

Mix the soap and borax in a spray bottle. Fill the bottle with hot water and shake well. Spray on oven and leave for 20 minutes. Scrub off.



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DISINFECTANT

- 2 tbsp. borax
- ¼ cup vinegar
- 2 cups hot water

Combine the borax and vinegar with the water in a spray bottle. Use as you would any commercial all-purpose cleaner.



For additional information on Green Cleaning contact your local Extension office. Request the following publications:

- **HHF-LRA.173** Green Cleaning
- **HHF-LRA.174** Selection and Use of Green Home Cleaning Products

Green Cleaning

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FURNITURE POLISH

- 1 lemon
- 1 teaspoon olive oil (least expensive)
- 1 teaspoon water

This polish should be made fresh each time you use it. Extract the juice from the lemon. Mix with oil and water. Apply a thin coat on your wood surface and let sit for 5 minutes. Use a soft cloth to buff to a deep shine.



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LAMINATE FLOOR CLEANER

For engineered wood and no-wax floors.

- ½ cup white vinegar
- 1 gallon warm water

Mix ingredients. Avoid overwetting the floor by using a spray bottle to apply the mixture to the floor. Mop as usual (microfiber mops work best).



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REFRIGERATOR CLEANER

- 2 tbsp. baking soda
- 1 quart warm water

Dissolve baking soda in water. Use to wipe all surfaces inside and out. For stubborn spots, rub with baking soda paste. Be sure to rinse with a clean, wet cloth.



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GARBAGE DISPOSAL CLEANER

- 1 cup ice
- used lemon or orange rind

To eliminate garbage disposal odors and clean and sharpen blades, grind ice and rinds until pulverized.



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NON-ABRASIVE SOFT SCRUBBER

- 1/4 cup borax
- vegetable oil based liquid soap
- 1/2 tsp. lemon essential oil

In a bowl, mix the borax with enough soap to form a creamy paste. Add lemon oil and blend well. Scoop a small amount of the mixture onto a sponge, wash the surface, then rinse well.



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PLUMBING FIXTURE CLEANER #1

Use to clean stainless steel, chrome, fiberglass, ceramic, porcelain or enamel fixtures.

- 2 tbsp. baking soda
- 1 quart water

Dissolve the baking soda in the water. Wipe on fixtures then rinse.



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TOILET BOWL CLEANER

- 1 cup borax
- 1/2 cup white vinegar

Flush to wet the sides of the bowl. Sprinkle the borax around the toilet bowl, then spray with vinegar. Leave for several hours or overnight before scrubbing with a toilet brush.



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NO-STREAK GLASS CLEANER

- 1/4 cup white vinegar
- 1 tbsp. cornstarch
- 1 quart warm water

Mix the ingredients and apply with a sponge or pour into spray bottle and spray on. For lint-free results, wipe dry with crumpled newspaper, buff to a shine.



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GARBAGE CAN DEODORIZER

- 1 cup baking soda
- 1 tsp. tea tree oil

Mix together in a small bowl, working out all the lumps with a fork. Sprinkle the mixture in the bottom of the trash can after the liner is removed. Periodically rinse container with white vinegar and dry in the sun.



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WHERE TO FIND INGREDIENTS:

- washing soda** (sodium carbonate)
 - available in the laundry aisle of the grocery store
- borax** (sodium borate)
 - available in the laundry aisle of the grocery store
- vegetable oil based liquid soap** (common name: castile soap)
 - available in health food and natural food stores
- essential oils**
 - available in health food and natural food stores

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PLUMBING FIXTURE CLEANER #2

Hard lime deposits around faucets can be softened for easy removal by covering the deposits with vinegar-soaked paper towels.

white vinegar
paper towels

Soak paper towels in vinegar and leave them on surface. Wipe clean after about an hour.



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FRAGRANT KITCHEN CLEANSER

2 tbsp. white vinegar
2 pints water
4 drops essential oil (lavender, tea tree oil, lemon, lemongrass, or rosemary)

Combine ingredients in spray bottle and use as a final rinse after cleaning kitchen surfaces. Store in a cool, dark place.



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MIRROR & WINDOW POLISH

For sparkling glass.

cornstarch
water

Mix together cornstarch and water to make a paste. Use a soft cloth to apply the paste to the mirror. Rub gently then wipe clean with a soft cloth.



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TUB & TILE CLEANER

white vinegar
baking soda or non-iodized salt

To remove film buildup on bathtubs, apply vinegar full-strength to a sponge and wipe. Next, use baking soda or salt as you would scouring powder. Rub with a damp sponge and rinse thoroughly with clean water.



Adapted for use in Kentucky from "Green Cleaning: Recipes for a Healthy Home," by Sharon M.S. Gibson and Pamela R. Turner, University of Georgia Cooperative Extension, College of Agricultural and Environmental Sciences (June 2008) by:

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COPPER & BRASS CLEANER

Not for use on lacquered finishes.

lemon juice
salt, non-iodized
cornstarch

Mix equal parts of salt and cornstarch with lemon juice to make a paste. Apply to surface with a soft rag. Rub gently. Rinse with warm water and mild dish soap. Dry with a soft cloth.

