

# Make Your Home Healthy – Keep It Clean

## Why Use Green Cleaners?

Of the hundreds of cleaning products on the market today, most contain ingredients you can't even pronounce. While it is likely that manufacturers have conducted extensive testing on these consumer products, the risks posed by their chemical content are uncertain, and, in many cases, probably low. Nevertheless, human health is always well served by reducing exposure to chemicals. Decreased chemical use is also a pollution prevention measure. In short, green cleaning is good for you *and* good for the environment!

## Reasons to Make and Use Your Own Green Cleaners:

- Most of the ingredients you may already have in your home.
- You save money.
- Generally, green cleaners work as well as those with harsher chemicals.
- Green cleaning keeps dangerous toxins out of your home.

The following pages, *Recipes for Green Cleaning*, can be printed in a booklet form.

## How to prepare the cards:

1. The following pages, *Recipes for Green Cleaning*, should be printed back to back on heavy weight paper. Make sure your printer settings align the pages so they are aligned correctly when folded. You may have to adjust your printing settings. The odd-numbered recipes will be printed on the front, and the even-numbered recipes will be printed on the back.
2. Each recipe can then be cut apart and laminated (or you could laminate the entire page and then cut each recipe apart).
3. Punch a hole in the open space on the upper left area of each recipe.
4. Be careful not to place the hole near the edge of the recipe card, where it might tear during use.
5. Stack the individual recipes with the odd-numbered recipes on the top.
6. Use a ring to hold them together.

## Keep booklet with your green cleaning supplies.

Original work created by the University of Georgia Cooperative Extension.

Adapted by Martha Keel, Ph.D., and Bonnie Hinds, M.S.



## Make Your Home Healthy – Keep It Clean

# Recipes for Green Cleaning

Adapted by Martha Keel, Ph.D., and Bonnie Hinds, M.S.

From *Green Cleaning — Recipes for a Healthy Home* by the University of Georgia Cooperative Extension



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## Make Your Home Healthy – Keep It Clean

# Green Cleaning



### All-Purpose Cleaner

2 tablespoons borax

¼ cup vinegar

2 cups hot water

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

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### Refrigerator Cleaner

1 tablespoon baking soda

1 quart warm water

- Dissolve baking soda in water.
- Wipe all surfaces inside and out.
- For stubborn spots, rub with a paste made from baking soda and a little water.
- Rinse well with a clean, wet cloth.

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### Scouring Powder

1 cup baking soda

1 cup borax

1 cup noniodized salt

- Put ingredients in container.
- Sprinkle on area to be cleaned.
- Wipe with a sponge and rinse well.

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### Toilet Bowl Cleaner

1 cup borax

½ cup vinegar

- Flush toilet to wet the sides of the bowl.
- Sprinkle borax around the toilet bowl.
- Spray vinegar on top of borax.
- Leave for several hours or overnight.
- Scrub with a toilet brush.

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### Floor Cleaner

½ cup white vinegar

1 gallon warm water

- Mix ingredients.
- Avoid overwetting the floor by using a spray bottle to apply the cleaner to the floor.
- Mop as usual.
- Rinse with clean water.

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### Furniture Polish

- 1 lemon
- 1 tablespoon olive oil
- 1 tablespoon water

*This polish should be made fresh for each use.*

- Cut and squeeze juice from lemon into small container, using a strainer to remove pulp and seeds.
- Add oil and water. Mix well. (A container with a lid makes mixing easy.)
- Apply a thin coat on wood surface, then buff with a soft cloth to a deep shine.

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### How Clean Is Clean?

Most cleaning jobs only need soap or detergent, water, and a little elbow grease.

Some surfaces may need extra attention to control germs:

- **Sanitizers** reduce, but do not totally eliminate germs but are usually safer to use.
- **Disinfectants** destroy or inactivate germs but tend to be more toxic and must be used with care.

**Always label all cleaners clearly!!!**

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### Grease Remover

- Vinegar
- Baking soda
- Vegetable oil

Put full-strength vinegar on surface and let set for a few minutes. Wipe clean with dishcloth or nonabrasive scrubber.

#### **If grease remains:**

Put baking soda on a damp sponge and scrub surface. Rinse well with clean wet cloth.

#### **If grease remains:**

Remember, grease removes grease. Put vegetable oil on paper towel and scrub. Follow up with the previous two methods.

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### Tub and Tile Cleaner

- White vinegar
- Baking soda or noniodized salt

- Apply full-strength vinegar to a sponge and wipe surface.
- Next, use baking soda or salt as a scouring powder.
- Rub with damp sponge and rinse well with clean water.

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### Heavy-Duty Floor Cleaner

- 1 cup white vinegar
- ½ cup washing soda
- 1 tablespoon vegetable oil-based liquid soap
- 2 gallons hot water

- Combine all ingredients in pail, stirring well to dissolve the washing soda.
- Mop as usual.
- Rinse with clean water.

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### Glass Cleaner

- ¼ cup white vinegar
- 1 tablespoon cornstarch
- 1 quart warm water

- Mix ingredients.
- Apply with a sponge or spray bottle.
- Wipe off with cotton or microfiber cloth.

*Hint: For lint-free results, wipe dry with crumpled black and white newspaper.*

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### Copper and Brass Cleaner

*Not for use on lacquered surfaces*

Lemon juice  
Noniodized salt  
Cornstarch

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

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### Drain Cleaner

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

- Pour baking soda down drain.
- Follow by pouring vinegar down drain.
- Allow the mixture to “foam” several minutes.
- Pour the boiling water down the drain to flush out the pipe.

*This cleaner is safe for garbage disposals.*

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### Oil and Grease Cleaner for Concrete

Baking soda

- Sprinkle baking soda on grease or oil spot.
- Scrub with wet brush.
- Rinse well.

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### Water Rings on Wood Remover

*Water rings on a wood surface are the result of moisture that is trapped under the topcoat but not the finish. Preventing water rings is the easiest solution. Use coasters.*

Non-gel regular toothpaste or  
Mayonnaise

- Rub toothpaste or mayonnaise gently onto ring.
- Once ring is removed, use furniture polish.

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### Where to Find Ingredients:

- Baking soda (sodium bicarbonate) — baking aisle or grocery store
- Washing soda (sodium carbonate) — laundry aisle of grocery store
- Borax (sodium borate) — laundry aisle of grocery store
- Vegetable oil-based liquid soap (common name: Castile Soap) — big box stores (Target, Walmart, large grocery stores, home improvement stores, natural food stores)
- Essential oils — health food, natural food stores, drug stores and some big box stores

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### Fragrant Kitchen and Bath Cleaner

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

- Combine ingredients in spray bottle.
- Use as a final rinse after cleaning kitchen/bath surfaces.
- Store in a cool, dark place.

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Warning: Do not clean mold if you are allergic to mold or have asthma.

### Mold and Mildew Cleaner

- 1 cup borax
- 1 gallon warm water
- Mix ingredients.
- Dip sponge into solution.
- Scrub moldy area.
- Rinse well with clean water.
- Dry well.



*Hint: A mold problem is a moisture problem. Keep surfaces dry.*

- This is only intended for small areas of mold, such as in the bathtub/shower.
- Use only on surfaces that do not absorb water.
- Wear gloves.
- Throw away sponge to prevent the spread of mold.

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### Sink and Appliance Cleaner

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

- 2 tablespoons baking soda
- 1 quart water

- Dissolve the baking soda in the water.
- Wipe on fixtures.
- Rinse with clean water.

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### Laundry Detergent

Always follow manufacturer's laundry directions, found on all clothing and household textiles.

- 1 cup ivory soap (powder)
- ½ cup washing soda
- ½ cup borax

- Mix ingredients and store in sealed container.
- Use 1 tablespoon for light loads.
- Use 2 tablespoons for heavy loads.

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### Oven Cleaner

- ¾ cup baking soda
- ¼ cup noniodized salt
- ¼ cup water
- Steel wool, if needed

- Make a paste out of the first three ingredients.
- Spread over inside of oven (do not put on metal parts or openings).
- Leave overnight.
- Remove with plastic spatula and wipe clean.
- Rub stubborn spots gently with steel wool.

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### Garbage Can Deodorizer

- 2 cups baking soda
- 1 teaspoon tea tree oil

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

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Contact your local county Extension office:  
[utextension.tennessee.edu/Places/offices.aspx](http://utextension.tennessee.edu/Places/offices.aspx)

For more information to help you and your family, go to  
[fcs.tennessee.edu](http://fcs.tennessee.edu).

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