

recipes for a clean & healthy household



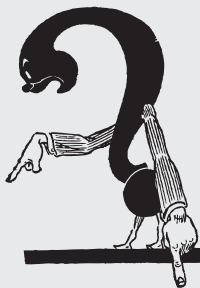
How to make non-toxic
household cleaners that
are better for your family
AND the environment.

Why should I make my own household cleaners?

Many commercial household cleaners contain toxic chemicals that can be hazardous to your health. The labels on cleaners don't list the potential long term effects or the chronic health problems that these toxic chemicals can cause. Mixing different types of cleaners or even product brands can produce hazardous chemicals or gasses.

Cleaning products can be harmful to the environment.

When you discard a cleaner containing hazardous chemicals in the trash or down the drain, these chemicals can end up polluting lakes and streams as well as damaging your septic or sewer systems. It is easy and inexpensive to make your own cleaners at home. You will be able to find almost any cleaner you need in this small recipe book!





Caution!!!

Even though the recipes in this book are non-toxic, it is not healthy to eat these cleaners or to use them where they can get into food. Borax may irritate some people's skin, so it is safest to wear gloves when using cleaners that contain borax. Essential oils should not be consumed unless they are marked as being "consumption grade." None of these home-made cleaners should spot or stain the materials they are meant to clean, but it's always a good idea to spot test first.

Please dispose of your old household cleaners properly! Not all chemicals can be thrown away or put down the drain without causing great harm. Call the Athens-Clarke County Recycling Division at (706) 613-3512 to learn how to safely dispose of household cleaners.

Visit www.earth911.org or dial 1 (800) CLEANUP to access comprehensive information about recycling, green shopping, energy conservation, household hazardous waste, composting and dozens of other environmental resources. Community specific information is available by entering your zip code!





All-Purpose Cleaner

large spray bottle

2 Tbs. vinegar

1 tsp. borax or 1 tsp. washing soda

2 cups hot water

1/4 cup liquid soap

Combine everything but the soap in the spray bottle. Shake to mix. Gently stir in the liquid soap. Spray and wipe with a soft cloth for a streak-free shine. You can use this cleaner on most surfaces (including countertops, wood, appliances, etc.) but always test a small area of a new surface to make sure no spotting occurs.

Air Freshener

spray bottle

1 tsp. baking soda

1 tsp. vinegar

2 cups hot water

15 drops favorite essential oil



Combine the ingredients in the spray bottle, making sure to add the vinegar last. Shake gently to mix. Spray into the air in the room you want to freshen. Be sure that you shake the mixture before each use.

If you just want to neutralize an odor in a room instead of adding a new scent, put out small bowls of vinegar or baking soda. These substances absorb unpleasant odors, are inexpensive, and are harmless to the environment!



Bathroom Scrub

squirt bottle

1 2/3 cups water

1/4 cup liquid soap

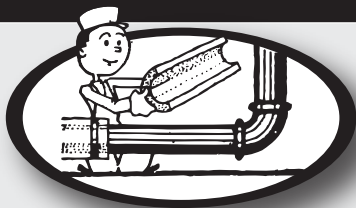
1/4 cup baking soda

2 Tbs. vinegar

3 or 4 drops essential oil (optional)

Mix the soap and water until the soap dissolves. Stir in the baking soda and then the vinegar, adding a few drops of your favorite essential oil. Store in the squirt bottle, and be sure to shake the mixture before each use.

Rinse this cleaner away completely to avoid leaving a film on your bathroom surfaces.



DRAIN DEGREASER

1/2 cup baking soda

1/2 cup vinegar

hot water

Pour the baking soda down the drain. Follow with the vinegar and the two will react and bubble. Let sit for 15 minutes before washing the drain clean with hot water.

You can degrease and deodorize your garbage disposal with lemons! Cut one lemon in half and put it down the sink. Add 1/2 cup baking soda and turn on the faucet and the disposal. You can also grind up ice with your lemons to remove buildup from the disposal blades.

Floor Cleaners

NO-RINSE FLOOR CLEANER

1/2 cup vinegar

1/2 gallon water

Mix the vinegar and water and mop the floor. No need to rinse!

FRAGRANT FLOOR CLEANER

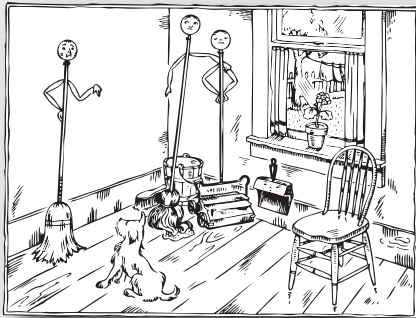
1/8 cup vegetable-based liquid soap

1/2 cup vinegar or strained lemon juice

1/2 cup favorite herbal tea

2 gallons warm water

Combine all the ingredients in a bucket and mix until sudsy. Mop floor and rinse if desired.





Glass Cleaner

spray bottle
1/4 cup vinegar
2 cups water
2 tsp. lemon juice or
2 Tbs. rubbing alcohol

Combine all the ingredients in the spray bottle. Shake gently to mix. Spray the cleaner onto glass surfaces and wipe clean with a soft cloth or paper towel.

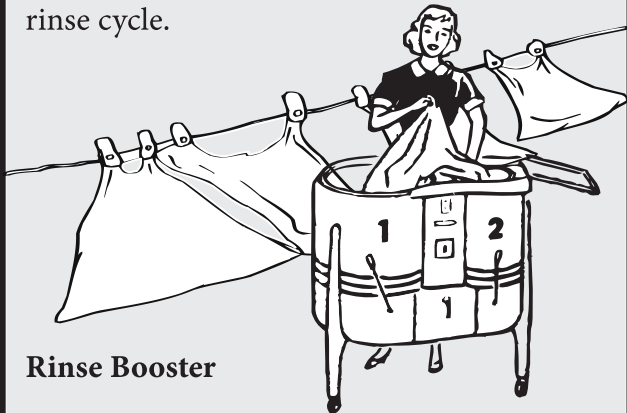
You can use old newspapers instead of paper towels when cleaning glass surfaces. You'll be recycling and it'll leave a streak free shine!

LAUNDRY HELPERS

Laundry Brightener

1/2 cup strained lemon juice

Add to the washing machine during the rinse cycle.



Rinse Booster

1/4 cup vinegar

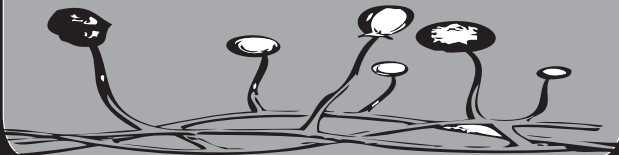
Add to the washing machine during the rinse cycle. Your clothes will come out softer and they won't smell like vinegar.



MOLD AND MILDEW CLEANER

spray bottle
2 tsp. tea tree oil
2 cups water

Combine ingredients in spray bottle. Shake gently. Spray on household surfaces that are affected by mold and mildew, but do not rinse. The smell of the tea tree oil will dissipate in a few days. Try adding a few drops of lavender essential oil to sweeten the smell.





Oven Cleaner

water

1/2 to 1 cup baking soda

non-abrasive scouring pad

Sprinkle water generously over the entire bottom surface of the oven. Sprinkle the baking soda over the water and let sit overnight. The baking soda will lift and loosen the grease. Just wipe the oven clean with the scouring pad, rinsing away any residue.



TOILET BOWL CLEANER

1 cup borax

1/2 cup vinegar (optional)

Sprinkle borax into toilet bowl at night. In the morning, just scrub and flush the toilet. This should help dissolve grime and even old rust stains.

For an extra strong toilet bowl cleaner, add 1/2 cup of vinegar to the borax.

WOOD CLEANER AND POLISH

**1/8 cup vinegar
1/4 cup lemon juice
1/8 cup food grade linseed oil
a few drops vitamin E
glass jar with lid**



Mix the linseed oil, vinegar, and lemon juice in the glass jar. Rub the mixture into your wooden furniture with a soft cloth. Mix in a few drops of vitamin E before putting the lid on the jar and this will let you save the leftovers for another cleaning.



The following hazardous materials can be recycled in Athens-Clarke County:

- Batteries (nickel-cadmium, lithium, alkaline)
- Cell phones and cell phone accessories
- Electronics (at the ACC Landfill - NO TV's)
- Fluorescent light bulbs (residential only - no businesses)
- Mercury thermometers and mercury thermostats

For recycling locations or other information on these materials, please call the Athens-Clarke County Recycling Division at (706) 613-3512 or online at www.acc-recycle.org.

Chemicals, lawn clippings and oil pollute our streams when they are dumped into stormdrains. Please call ACC Stormwater at (706) 613-3440 if you see evidence of illegal dumping or if your stormdrain floods when it rains so that we can help clean things up! Learn how to prevent pollution by going to www.accstormwater.com.





ACC Recycling Division
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www.acc-recycle.org



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Keep ACC Beautiful
(706) 613-3501 x 312
www.keeppathensbeautiful.org