

Toxic Free Tips

for your home, school, work place, and community

Recipes For Safer Household Cleaners



Multi-purpose ☆ Tub & Sink ☆ Window & Mirror ☆ Toilet Bowl ☆ Drain ☆ Oven ☆ Bathroom Mold Remover



www.ecy.wa.gov/toxicfreetips

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Persons with hearing loss, call 711. Persons with a speech disability, call 877-833-6341.

Multi-purpose **greener** Cleaner

(A multi-purpose cleaner that cleans and disinfects)

- 1 tablespoon soap (flakes, powder, or liquid) – not detergent
- ½ cup of white distilled vinegar
- 12 ounces (1 ½ cups) water



Add the ingredients to a clean 16-ounce spray bottle. Put the cap on and shake well.

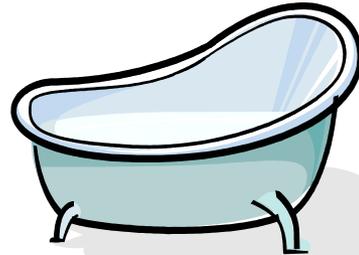


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Cost per ounce:
This recipe: \$.01
Commercial: \$.12

Tub & Sink **greener** Cleaner

- Baking soda
- Liquid soap (not detergent). Castile or Murphy's Oil Soap are good options.



Use baking soda in place of scouring powder. Sprinkle it liberally on porcelain fixtures and rub with a wet rag. Add a little soap to the rag for more cleaning power. Rinse well to avoid leaving a hazy film. (Baking soda won't scratch the porcelain.)

Baking soda and commercial scrubs cost about the same, but the baking soda is usually safer and more environmentally friendly.



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Window & Mirror **greener** Cleaner

- ¼ cup white distilled vinegar
- 16 ounces of water



Pour ingredients into a clean spray bottle. Spray on surface. Rub with a lint-free rag, such as a diaper or sheets of newspaper.



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Cost per ounce:
This recipe: \$.08
Commercial: \$.12

Use Vinegar to Manage Fleas And Ticks on Pets

Use white distilled vinegar in your pet's drinking water to help keep the animal free of fleas and ticks.

Add to one quart of water:

- 1 teaspoon vinegar for animals over 40 pounds
- ½ teaspoon vinegar for animals over 10 pounds
- ¼ teaspoon vinegar for animals under 10 pounds



Use Vinegar to Fight Laundry Stains

Spraying white distilled vinegar onto deodorant-stained shirts before washing can remove the discoloration.

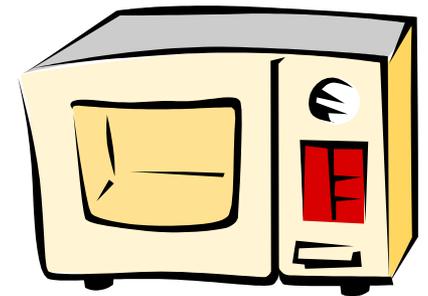
It's also great for fighting mustard, tomato sauce, and ketchup stains.



Use Vinegar to Clean Your Microwave

Mix ¼ cup of white distilled vinegar and 1 cup water. Boil in the microwave. The steam will loosen caked-on food, making it easier to clean.

It will also get rid of odors.



Toilet Bowl *greener* Cleaner

- Baking soda
- Liquid soap (not detergent) – Castile or Murphy’s Oil soap are good options.



Sprinkle baking soda inside the bowl. Add a few drops of soap. Scrub with a toilet brush. Finish outside surfaces with a rag sprinkled with baking soda. Use a pumice stone to remove hard water stains and buildup from inside your toilet.

(Not recommended for sinks.)



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Cost per ounce:
This recipe: \$.08
Commercial: \$.14

Drain *greener* Cleaner

- ½ cup baking soda
- ½ cup white distilled vinegar
- Boiling water



To free minor clogs and help prevent clogs, pour baking soda down the drain, then add vinegar. Let it fizzle for a few minutes. Then pour a teakettle full of boiling water down the drain. Repeat if needed.



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Cost per ounce:
This recipe: \$.05
Commercial: \$.13

Oven *greener* Cleaner

- 1 cup baking soda
- Water



Mix baking soda with enough water to make a paste. Apply to oven surfaces and let stand for 10-15 minutes. Use a scouring pad for scrubbing. Use a spatula to get under large food deposits. You may need to rub hard, but it is not toxic to you, your family, or your pets.

NOT FOR USE ON SELF-CLEANING OVENS



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Cost per ounce:
This recipe: \$.06
Commercial: \$.28

Bathroom Mold *greener* Cleaner

- 1 part hydrogen peroxide (3% solution)
- 2 parts water (for example, if you use ¼ cup peroxide, use ½ cup water; for ½ cup peroxide, use 1 cup water, etc.)

Mix hydrogen peroxide and water in a spray bottle. Spray on areas with mold. Wait at least one hour before rinsing or using shower. Be careful with hydrogen peroxide; it can take the color out of fabrics.



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Cost per ounce:
This recipe: \$.08
Commercial: \$.16

Use Vinegar to Clean Floors

To clean no-wax floors, add ½ cup of white distilled vinegar to a half-gallon warm water. No need to rinse!



Use Vinegar to Clean Wooden Cutting Boards

Clean and disinfect wood cutting boards by wiping with full-strength white distilled vinegar.



Use Vinegar to Wash Baby Clothes

To freshen baby clothes, add 1 cup of white distilled vinegar during the laundry rinse cycle. Vinegar helps break down uric acid and soapy residue, leaving the clothes soft and fresh.



Use Vinegar to Remove Cooking Odors

Get rid of kitchen cooking smells by mixing a cup of white distilled vinegar with a cup of water and let simmer on the stove until odor is gone.



Find more uses for vinegar at the Vinegar Institute,
www.versatilevinegar.org/