



LESS TOXIC ALTERNATIVES

Many household products contain flammable, toxic, corrosive, reactive, or otherwise hazardous ingredients that require special care - especially when it comes to disposal. Please consider these less toxic alternatives when cleaning & deodorizing at home.

Household Hazardous Waste

Leftover household products like paints, cleaners, oils & pesticides often contain hazardous ingredients. Please see our Proper Disposal Guide before putting them in the trash.

Less Toxic Alternatives

Most household cleaning can be done without harsh chemicals. Eco-friendly alternatives are available but can also be made from ingredients you may already have at home.

The Building Blocks:

Baking Soda - A natural scouring powder & deodorizer that also softens water and increases the cleaning power of soap.

Borax - Containing many of the same attributes as Baking Soda (cleans, deodorizes, & softens water) it's also an excellent disinfectant.



Soap - Basically the salts of fatty acids, it can be sold in liquid, flake, powder or bar form. Castile soap is made from 100% plant oils. Soaps free of synthetic scents, colors, or other additives are also preferred.

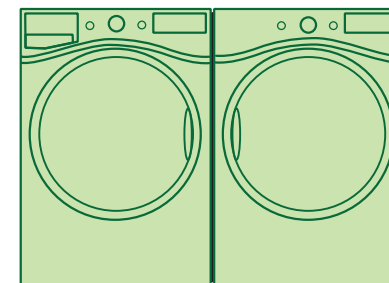
Washing Soda - also known as Sodium Carbonate, it softens water, disinfects, cuts grease & removes stains. Often found in the laundry section.

White Vinegar - Cuts grease & deodorizes

Lemon Juice - Cuts grease & deodorizes

Recipes:

Laundry Soap - Add: 1/3 cup washing soda (sodium carbonate) & 1/2 cup borax during fill. Add clothes, then 1 1/2 cups soap. If water is hard & Castile soap was used, add 1/4 cup vinegar during rinse cycle ONLY as Castile & vinegar cancel each other out when combined.



Pre-Soak - Soak heavily soiled items in 1/2 cup washing soda & warm water for 30 min &/or rub soiled areas with liquid soap.

Fabric Softener - Add 1/2 cup vinegar or 1/4 cup baking soda to final rinse.

Spray Starch - Dissolve 2 Tbsp cornstarch & 1 pint water in spray bottle. Shake before using.

Household Cleaner - Mix: 1 tsp liquid soap, 1 tsp borax, & a squeeze of lemon in 1 qt warm water

OR

Mix: 1/4 cup baking soda, 1/2 cup borax, 1/2 cup vinegar, in 1 gal water

Window Cleaner - Mix: 2 tsp vinegar with 1 qt warm water

OR

Mix: 2 Tbsp borax with 3 cups water. Rub dry with newspaper to avoid streaking

Disinfectant - Mix: 1/4 cup borax with 1/2 gal hot water

Oven Cleaner - Mix: 1/2 cup baking soda, 4 tbsp salt, & enough hot water to form a paste. Let sit on surfaces 5 min before wiping clean

OR

Mix: 2 tbsp liquid soap, 2 tsp borax, 1 qt warm water in a spray bottle. Spray on surfaces, wait 20 min & scrub with very fine steel wool and baking soda.

Drain Cleaner - Pour: 1/2 cup borax into drain, followed by 2 cups boiling water

OR

Pour: 1/4 cup baking soda, followed by 1/2 cup vinegar. Cover & wait 15 min, then pour 2 qts boiling water

Toilet Bowl Cleaner - Pour: 1/4 cup baking soda into bowl with a drizzle of vinegar all around. Let sit for 1/2 hr, then scrub & flush. Add borax for stains.



Basin, Tub & Tile Cleaner - Mix: 1/2 cup baking soda & 2-3 tbsp liquid soap

Garbage Disposal Freshener - Pour in 1/2 cup baking soda, then grind with ice & lemon or orange peel

Mildew Remover - Mix: 1/2 cup vinegar, 1/2 cup borax & warm water in a spray bottle

Carpet Cleaning Foam - Mix: 1/4 cup vegetable oil-based liquid soap & 3+ tbsp water, then whip in bowl with egg beater. Rub into problem areas & rinse with water.

OR

Clean spills immediately with club soda.

OR

For red wine, rub a thick layer of salt on the spill & sponge up after it's absorbed.



Floor Cleaner - Mix: 1/2 cup white vinegar & 1 gal warm water. Polishing with skim milk will make the floor glow!

Wood Furniture Polish - Mix: 2 tsp lemon oil & 1 pint mineral oil in spray bottle. Spray & wipe clean

OR

Mix 2 parts olive oil & 1 part lemon juice. Rub in and let stand several hours, then polish with a soft, dry cloth.

Painted Wood - Mix 1 tsp washing soda in a gallon of hot water

Silver Polish - Mix: 1 tsp baking soda & 1 tsp salt in enough water to make a paste. Rub on, let dry & rinse off.

OR

Rub with toothpaste, let dry & rinse off.

Brass & Copper Polish - Mix: equal parts vinegar, fine table salt, & flour. Rub on, let dry & rinse off.

Chrome Polish - Wipe with apple cider vinegar & rinse with water, then dry. Shine with baby oil & a soft cloth.

Garbage Cans & Litter Boxes - Sprinkle with baking soda before adding bag or litter.

Air Freshener - Saturate a cotton ball with vanilla and place in a small open container

OR

Fill a vase with fresh cut flowers



Bee Stings - Apply a thick paste of baking soda & water or rub with an onion half to stop pain & swelling

Chiggers - Rub with a moist aspirin tablet

Mosquito Bites - Soak in salt water, then apply cold cream

Other Insect Bites - Rub area with apple cider vinegar or baking soda paste



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