



Easy and Safe Cleaning for Your Home

Learn how to make your own cleaning products and reduce your exposure to harmful chemicals.

Home Cleaning Essentials

White Vinegar or Lemon Juice



Cuts grease and smells fresh.*
* Spraying undiluted vinegar is not recommended if you have asthma.

Plain Liquid Soap



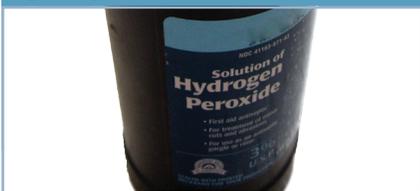
Use soap without fragrances or antibacterials. Castile soap is a good option.

Baking Soda



Cleans and deodorizes, also a good scouring powder.

Hydrogen Peroxide (3% Solution)



Works like a disinfectant.

Microfiber Cloth



Acts like a dirt magnet. Microfiber & water remove 99% of germs.

Scrub Brush or Scrubbing Pad



Removes dirt and grime.

Cleaning Need

All-Purpose Cleaning Solution



Window, Glass, and Mirror



Countertops, Floor & Appliances



Safer Alternatives**

- Mix liquid soap and water (soapy water).
- Mix liquid soap with 1 tbsp. of baking soda, then add juice of one lemon and water.
- Indoors, use plain water and a microfiber cloth.
- Outdoors, add a small amount of plain liquid soap to water if desired.
- Use the all-purpose cleaner above.
- Use plain water and a microfiber cloth.

** When cleaning, either with home recipes or store-bought products, always ventilate the space by opening doors and windows and wear rubber gloves.



Air Freshener



- Keep home and closets clean and well-ventilated.
- Simmer water with cinnamon sticks, orange peel, or cloves.
- Sprinkle baking soda in bottom of trash can.
- Insert cloves into whole orange.
- Place a bowl of baking soda in refrigerator and replace periodically.

Drain Cleaner



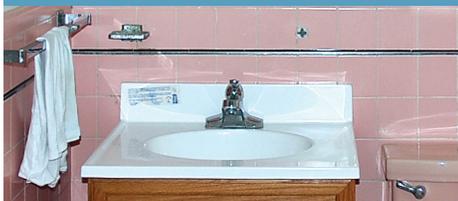
- Pour 1/4 cup baking soda into drain, followed by 1/2 cup vinegar. After 15 minutes, pour 2 quarts boiling water down the drain.

Oven Cleaner



- Use baking soda or a scouring powder that does not contain bleach.
- Make a paste with 1/4 cup baking soda, 2 tbsp. salt, and hot water. Let paste sit for 5 minutes and then use a good scrub brush.

Sink, Tub, and Tile



- Dilute 2-3 tbsp. of liquid soap in water and clean with a good scrub brush.
- Use scouring powder that does not contain bleach.
- Mix hydrogen peroxide (3% solution) with plain liquid soap and baking soda.

Toilet Bowl



- Pour 1/4 cup baking soda into a bowl and sprinkle with vinegar. Let sit for 1/2 hour, then brush.
- Wipe toilet seat and rim with hydrogen peroxide (3% solution) – acts like a disinfectant.

Mold & Mildew Remover



- Let vinegar sit on mold, then clean with soapy water.
- Mix liquid soap, baking soda, and 2 capfuls of hydrogen peroxide (3% solution). Let sit on surface, then clean with soapy water.

Wood Furniture Polish



- Use a microfiber cloth to dust and polish.
- Use a small amount of olive oil on unfinished wood.



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