



Green Cleaning Solutions For Your Kitchen or Bathroom

What You Need in the Kitchen

Making your own cleaning products for the kitchen is both economical and good for your health. When you're using baking soda, vinegar, and water, you can feel pretty confident that the cleaning you're doing isn't hurting you or the environment.

Ingredients:

Vinegar
Baking Soda
Lemon
Essential Oil (optional)
Water
Dish soap

Equipment or Tools

Spray bottle
Bowl
Sponge
Scrub brush
Measuring spoons

Instructions

- **ALL-PURPOSE CLEANER:** Using funnel, put 1 teaspoon baking soda, 1/2 teaspoon dish soap, and 2 tablespoons vinegar into your spray bottle. Give it a stir/shake. Let it sit for a minute, now fill bottle with warm water and shake it up. Give it a few more minutes to calm down, and add a few drops of essential oil if desired.
- **GARBAGE DISPOSAL FRESHENER:** Take the pulp from a lemon (preferably one you've squeezed to use for something else) and toss it in the garbage disposal, along with a few thin strips of the peel. Run water and turn on disposal.
- **SINK OR STOVETOP CLEANER:** Put a 1/3 cup baking soda in a bowl. Mix in enough warm water so that you get a nice moist paste. Put paste on sponge or brush and scrub away. Make it as you need it.

Additional Tips

Where to find ingredients at the grocery store: baking soda – baking section, borax – laundry section, castile and vegetable oil-based soaps – cleaner section, vinegar – salad dressing section; essential oils – health food stores, kosher salt – spice section.

Add a few drops of essential oil for fragrance and/or cleaning power. Eucalyptus, lavender, lemon, tea tree, and thyme are among the essential oils considered to be antiseptic and antibacterial.

- Using a label or permanent marker, write recipes directly on jars and bottles for future reference.

What You Need in the Bathroom

There are tons of "green" bathroom cleaners on the market, but most of the time it's cheaper and just as effective to make your own. Armed with a few simple non-toxic and biodegradable ingredients, you can keep your bathroom fresh and sparkling.

Ingredients

Baking soda – cleans, deodorizes, scours

Borax – cleans, deodorizes, disinfects

Castile soap or vegetable oil-based liquid soap – cleans

Distilled white vinegar – cuts grease and soap scum, dissolves mineral deposits, inhibits mold, freshens; reportedly kills 99% of bacteria, 82% of mold, and 80% of viruses

Essential oils – freshen, disinfect

Kosher salt – scours, disinfects

Water

Equipment or Tools

Measuring cups and spoons

Jars

Spray bottles

Instructions

- **TUB AND TILE CLEANER:** In a jar or spray bottle, combine **1 2/3 cup baking soda** with **1/2 cup vegetable oil-based liquid soap**. Add **1/2 cup water** and **2 tablespoons vinegar**. Shake before using. Apply with a cloth or sponge and rinse well.
- **SCOURING POWDER:** Combine **1 cup baking soda**, **1 cup borax**, and **1 cup kosher salt** in a jar. Sprinkle on area to be cleaned, wipe with a sponge, and rinse.
- **TOILET BOWL CLEANER:** Mix **1/4 cup borax or baking soda** and **1 cup vinegar** in the toilet. Let it sit for 15 minutes (or longer, if necessary), scrub, and flush.
- **GLASS CLEANER:** Combine **1/4 cup vinegar** and **4 cups warm water** in a spray bottle. Use to clean glass or mirrors with a dry cloth or piece of newspaper.
- **DRAIN CLEANER:** Pour **1/2 cup baking soda** into drain followed by **1 cup vinegar**. Let it sit and fizz for 15 minutes, then rinse with hot or boiling water. May need to repeat or leave baking soda and vinegar in overnight.
- **FLOOR SANITIZER:** In a bucket, mix **1/2 cup borax** with **2 gallons hot water**. Apply with a mop or sponge. Rinsing is not necessary.
- **SOAP SCUM REMOVER:** Sprinkle on **baking soda**, scrub with a cloth or sponge, and rinse. **Vinegar** or **kosher salt** also work.
- **CALCIUM OR LIME REMOVER:** For calcium or lime deposits on a chrome faucet, soak a towel in **vinegar** and wrap it around the faucet. Let it sit for a couple of hours or overnight.
- **MOLD OR MILDEW REMOVER:** Mix **1/2 cup borax** and **1/2 cup vinegar** to make a paste. Scrub with a brush or sponge and rinse with water. For tough mold, let it sit for an hour before rinsing with water.