

Household Cleaners go green

Many common household cleaners contain harsh chemicals. These chemicals can be caustic, corrosive, acidic, and usually have harsh ingredients. Did you know most toilet bowl cleaners are acids? Look for safe alternatives in your local stores or make



your own with simple ingredients. The commercial cleaners available can cause birth defects, central nervous system disorders, and much more. Cleaners should be used only as directed. Never mix ammonia and bleach, a fatal vapor will result.

Use these alternatives to clean your house, safely. It is better for you and the environment.

CLEANER	SAFE ALTERNATIVES
All-Purpose Cleaner	4 Tablespoons baking soda + warm water, dissolve, add ½ cup vinegar + ½ teaspoon liquid soap, shake and use.
Drain Cleaner	½ cup washing soda + boiling water down clogged drain; flush weekly with boiling water to prevent clogs.
Oven Cleaner	Baking soda + water, scrub. Pour salt and warm water over spills, while warm, scrub the next day. Soak with ammonia overnight for stubborn ovens.
Toilet Bowl Cleaner	1 cup white vinegar + handful of baking soda, let soak 10 minutes, scrub with toilet brush.
Spot Remover	1 part vinegar + 1 part water.
Fabric Softener and Deodorizer	Add 1 to 2 cups of vinegar to rinse cycle to deodorize and soften fabrics.
Furniture OR Silver Polish	Mix 1 teaspoon olive oil and ½ cup lemon juice. Apply with a soft cloth, rubbing into the grain. Buff with a clean corner of the rag.
Grease Cleaner	Salt + Vinegar, use vinegar at full strength with salt to scrub grease away.
Window Cleaner	1 quart warm water + ¼ cup white vinegar + 2 Tablespoons lemon juice.
Bleach and Liquid Cleaners	½ cup lemon juice or ½ cup baking soda to warm or hot water.
Brass and Copper Cleaner	2/3 cup vinegar + 2/3 cup flour in glass bowl + ½ cup salt - stir. Spread on metal, wait 1 to 2 hours. Rinse, dry, and polish using soft cloth and a drop of olive oil.
Wood and Tile Floor Cleaner	For varnished floors, or no-wax floors, damp mop using 1 cup vinegar to 1 gallon water.
General Floor Cleaner	2 Tablespoons liquid soap + 1 gallon hot water. Mix, mop, and wipe clean. Use less soap if streaking occurs. Wipe dry with a cloth
Ant Bait - <i>Keep out of Reach of Children</i>	¼ cup confectioner's sugar + 1 Tablespoon of borax. Sprinkle the mixture in ant traffic area. The worker ants take it to the nest where it will kill the colony.
Moth Repellent	2 oz dried rosemary + 2 oz dried mint + 1 oz dried thyme + 1 oz dried ginseng, + 8 oz of whole cloves. Blend well - make moth-repellant sachets.

*washing soda can be found in laundry section.

** Source: <http://www.metro-region.org>; March 2006.