

## **Make your own green cleaner**

### **Mix the following in a clean spray bottle:**

#### **All Purpose Green Cleaner**

1 cup white vinegar (may add more or less as your prefer)  
1 tsp. liquid dish soap  
2 cups warm water

\*1 Tbs of baking soda –baking soda can clog your spray bottle, so I recommend sprinkling it on the surface that you are cleaning.

#### **Green Window Cleaner**

¼ cup white vinegar  
2 cups water

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## **Biodegradable House Cleaners**

National Geographic Green Living Guide,  
<http://greenliving.nationalgeographic.com/biodegradable-house-cleaners-2264.html>

### **Baking Soda**

Baking soda is a well-known baking ingredient that switch-hits as a cleaning agent. Ideal for areas that need scrubbing. baking soda has a gritty texture that does not scratch most surfaces. Baking soda is often mixed with vinegar, water or liquid soap to create a paste; combined with steel wool, it is an excellent oven cleaner, provided it is not used on a self-cleaning oven. Baking soda is useful as a carpet deodorant, a toilet scrub, and a room or refrigerator deodorizer.

### **Vinegar**

Vinegar is famous for its usefulness as a streak-free glass cleaner, but vinegar is also good for removing soap scum, mineral deposits and grease. A bowl of vinegar mixed with water is a good room deodorizer. Vinegar is often mixed with a mild vegetable-based soap, baking soda or salt for additional cleaning power. The strong smell of vinegar disappears once it is dry, but adding a few drops of citrus or essential oil ensures a pleasant scent. In the wash, diluted vinegar softens and deodorizes clothes.

## **Hydrogen Peroxide**

For disinfecting without the harmful effects of bleach, use hydrogen peroxide at a 3 percent solution. A spray of white vinegar followed by a peroxide spray is especially useful in the bathroom and kitchen. Hydrogen peroxide is a bleach alternative useful for minimizing mold, cleaning stains and brightening laundry.

## **Vegetable-Based Soap**

Soap is a surfactant, which means it helps water and other liquids dissolve oils and grease. Natural, vegetable-based soaps, such as castile soap -- traditionally made of olive oil and which comes in a liquid form handy for homemade cleaning solutions -- biodegrade easily and do not contaminate groundwater. As a tub and tile cleaner, castile soap is useful when combined with vinegar or an abrasive, such as baking soda.

## **Borax**

Borax has many household applications, including fabric softener, grease stain remover and cleaner of iron rings in the toilet. Add 1/2 cup borax to the toilet and allow it to sit overnight before scrubbing the stain with a brush. In a spray bottle, borax mixed with water can be used as an all-around cleaner.

## **Salt**

Salt is a biodegradable substance that serves as a scrub for heavy-duty cleaning. As an oven cleaner, combine it with baking soda to combat stuck-on grime.

## **Water**

Often overlooked, water, especially when it is very hot or boiling, is in many cases a sufficient cleaner for household items. Hot water --- combined with elbow grease --- can remove dirt, dust and grime.

## **Air Fresheners:**

**Baking soda.** Put an open box in small, enclosed spaces such as the refrigerator to deodorize the air