

Tub and Sink Cleaner: Sprinkle baking soda on porcelain fixtures and rub with a wet rag. Rinse well to avoid a hazy film.

Window and Mirror Cleaner: Pour a ¼ cup of vinegar in a 16 oz spray bottle and fill to the top with water.

Dusting: Use a slightly damp microfiber cloth. A cotton cloth will also work.

Drain Cleaner: Pour ½ cup of baking soda down the drain first, then ½ cup of vinegar. Let it fizz for 15 minutes. Then pour down a tea kettle full of boiling water. Repeat if needed.

Oven Cleaner: Do not use this cleaner on self-cleaning ovens. Mix 1 cup of baking soda with enough water to make a paste. Apply to oven surfaces and let stand a little while. Use a scouring pad for scrubbing most surfaces.

All-Purpose Cleaner: Add ½ cup pure Castile soap to 1 gallon of hot water. This solution is safe for all surfaces and is very effective for most jobs. Add ¼ cup of lemon juice for a fresh scent. For a stronger cleaner, double the amounts of soap and lemon juice.



Microfiber Cloth

Stain Removers:

- *Coffee and tea stains:* An equal mixture of salt and white vinegar.
- *Fruit and wine stains:* Immediately pour salt or cold soda water on stain and soak in milk before washing.
- *Grease stains:* Strain boiling water through white cottons and follow with dry baking soda.
- *Ink stains:* Soak in milk or remove with hydrogen peroxide.
- *Blood stains:* Immediately pour salt or cold soda water on stain and soak in cold water before washing.
- *Coffee and chocolate stains:* Mix egg yolk with lukewarm water and rub on stain.
- *Chewing gum:* Rub with ice.

Before using any of these recipes first test them on an inconspicuous area to ensure that the surface you are cleaning will not be damaged.



Green Cleaning Recipes



Healthy alternatives for day-to-day cleaning

5601 6th Ave. S, Suite 460

Seattle, WA 98108

(206) 512-3280

www.wamhe.org

Seattle residents call or visit our website to schedule a FREE Healthy Home Check-up!

MAIN INGREDIENTS

Baking soda: Helps clean and deodorize, will act as a scouring agent, polisher, stain remover, and fabric softener. Use to clean plastic, vinyl, carpet, silver, stainless steel, and drains. Will absorb odors.

Distilled White Vinegar: Helps remove stains, wax build-up and mildew. Use to clean windows, fireplaces, grout, paintbrushes, glass, and coffee pots. May damage acid sensitive surfaces so test on a small area first.

Pure Castile Soap: Helps remove grease, and works wonderfully as an all-purpose cleaner. Make sure the soap does not have added fragrance.

Washing Soda: Helps clean laundry and fabrics.

Herbal Tea: Helps give refreshing scent to cleaning recipes.



Disinfectant:

- Mix one part vinegar to one part water and store in a plastic spray bottle.
- Hydrogen peroxide can be used in small amounts but never mix with vinegar.

Powder Laundry Detergent:

- Cut 5 bars of Castile soap into cubes and put in food processor or use cheese grater to make shavings. Then pour 6 cups of washing soda into a container and mix. When loading laundry use about 2 tbsp. of the mixture.
- Hydrogen peroxide based products are generally a better alternative than chlorine bleach to whiten clothes.

Softening Fabrics:

Never use vinegar and bleach together!

- Add ¼ cup white vinegar to rinse cycle.
- Use wool dryer balls. You can even add a small amount of vinegar to your clothes in the dryer to help with static cling.

Furniture Polish:

- Mix 1 tsp lemon oil with 1 cup vegetable oil. Apply with a clean dry rag.

Air Fresheners:

- Dissolve 1 tsp of baking soda in 2 cups of hot water; add 1 tsp of lemon juice, and pour into a spray bottle and spray into air.
- Place a few slices of a citrus fruit, cloves, or cinnamon in a pot with water, and put on the stove at a simmer.
- Use baking soda in the area with the foul odor to help reduce odors at their source.

Scouring Powder:

- Combine pure Castile soap with table salt or baking soda on the surface and scrub with a firm bristle brush.
- Baking soda alone on a damp sponge is also effective on most surfaces. Add herbal tea for a natural fragrance.

Floor Cleaner with Fragrant Herbs:

- Combine in a bucket: 1/8 cup liquid soap, ½ cup white distilled vinegar or lemon juice, ½ cup fragrant herbal tea.



For information on where to drop off unwanted products contact the **King County Household Hazardous Waste Line** at (206) 296-4692