

# HEALTHY HOME HOUSEHOLD CLEANERS

Many household cleaners contain toxic or suspect chemicals that may trigger immediate health problems, like asthma, or cause illness or difficulties later in life. A safer and effective way to clean your home is to use non-toxic cleaners made from the same dependable, affordable, and safe ingredients that our grandparents and great grandparents used to clean their homes.

## **Drain Cleaner**

Use a plunger or mechanical snake **OR**\*\*\*\*\*

1/2 cup salt

1/2 cup baking soda

6 cups boiling water

Pour salt, then baking soda, then water. Let sit over

night, then rinse **OR** \*\*\*\*\*

1/2 cup baking soda

1/2 cup white vinegar

3 cups boiling water

Pour baking soda & vinegar in drain; add water

## **Leather Cleaner**

1/4 cup olive oil

3 drops lemon oil

Mix & apply with cloth

## **Silver Cleaner**

white toothpaste

Rub into tarnished silver; rinse with warm, soapy

water and buff dry



# Home Healthy Home!

For more information, contact:

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# RECIPES FOR SAFE & EFFECTIVE HOME CLEANING



Positive change begins with personal choice.

**All Purpose Cleaner**

- 1 tsp. veg-based liquid soap
  - 1 tbs. baking soda
  - 3 tbs white vinegar
  - 2 cups warm water
- Mix, apply & wipe clean

**Glass Cleaner**

- 1/8 cup white vinegar
  - 1 cup water
- Mix; spray on glass & wipe off.

**Tub & Tile Cleaner**

- 1/3 cup baking soda
  - 1/3 cup Borax
  - 1 tsp. veg-oil based liquid soap
- Mix & add enough H2O to make a paste. Scrub on & rinse well after

**Scouring Powder**

- 1 cup baking soda
  - 1/4 cup white vinegar
- Mix in bowl and scrub onto surface with a wet sponge. Let stand a few minutes. Rinse.

**Toilet Bowl Cleaner**

baking soda & white vinegar  
Sprinkle into bowl, then scrub with toilet brush.

**Toilet Bowl Mineral Build Up**

turn off water intake to tank & flush to mostly empty toilet bowl. Pour in white vinegar & leave for a couple hours. Brushes right off

**Mold & Mildew**

- 1 tsp. Borax
- 3 tbs. white vinegar
- 2 cups hot water

Mix together in a spray bottle & shake well. Spray on, let sit, scrub then rinse

**Oven Cleaner**

- baking soda
  - 3 drops veg-oil based liquid soap
- Sprinkle water on bottom of oven & cover with baking soda. Let sit over night and wipe with soapy, abrasive scrubby.

**Laundry Soap**

Use Phosphate-free laundry detergents

**Laundry Bleach & Odor Eliminator**

1/4 cup washing soda or 1/4 cup Borax or 1/4 cup white vinegar

**Floor Wax**

- 1 part lemon juice
  - 2 parts food-grade linseed oil
- Apply with rag. Let rest until floor is dry then buff completely smooth **OR** \*\*\*\*\*  
6 tbs. beeswax

3 cups food-grade linseed oil

Put ingredients in the top of a double boiler (over H2O), and stir slowly until wax is melted. Apply to the floor.

**Wood Floor Cleaner**

- 1/8 cup veg-oil based liquid soap
  - 1 gallon water
- Mix and apply. Wipe clean

**Tile Floor Cleaner**

- 1 cup white vinegar
  - 1 pail hot water
- Mix & apply. Wipe clean.

**No-Wax Floor Cleaner**

- 1/4 cup veg-oil based liquid soap
  - 1/4 cup lemon juice
  - 2 gallons hot water
- Mix and apply. Wipe clean.

**Linoleum Floors**

Add a small amount of skim milk to the rinse water. This will shine the floor. (No, it doesn't smell.)

**Carpet Deodorizer**

Sprinkle baking soda over carpet and let sit overnight. Vacuum.

**Carpet Flea Killer**

Sprinkle Borax over carpet; work into fibers. Let sit overnight. Vacuum.



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**A HEALTHY HOME,**  
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**IS A HAPPY HOME**  
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