

IMPROVING KIDS' ENVIRONMENT



Green Cleaning Recipes

Shopping List:

- Baking soda
- Washing soda
- White distilled vinegar
- Tea tree oil
- Natural liquid soap or detergent
- 6 clean spray bottles
- 2 glass jars
- Optional:
 - Vegetable glycerin
 - Fresh lemon
 - Additional essential oils

CREAMY SOFT SCRUBBER

Pour 1/2 cup of baking soda into a bowl, and add enough liquid detergent to make a texture-like frosting. Scoop the mixture onto a sponge, and wash the surface. This is the perfect recipe for cleaning the bathtub because it rinses easily and doesn't leave grit. Note: Add 1 teaspoon of vegetable glycerin to the mixture and store in a sealed glass jar, to keep the product moist. Otherwise just make as much as you need at a time.

WINDOW CLEANER

1/4-1/2 teaspoon liquid detergent
3 tablespoons vinegar
2 cups water
Spray bottle

Put all the ingredients into a spray bottle, shake it up a bit, and use as you would a commercial brand. The soap in this recipe is important. It cuts the wax residue from the commercial brands you might have used in the past.

ALL-PURPOSE SPRAY CLEANER

1/2 teaspoon washing soda
A dab of liquid soap
2 cups hot tap water
Combine the ingredients in a spray bottle and shake until the washing soda has dissolved. Apply and wipe off with a sponge or rag.

FURNITURE POLISH

1/2 teaspoon oil, such as olive (or jojoba, a liquid wax)
1/4 cup vinegar or fresh lemon juice
Mix the ingredients in a glass jar. Dab a soft rag into the solution and wipe onto wood surfaces. Cover the glass jar and store indefinitely.

VINEGAR DEODORIZER

Keep a clean spray bottle filled with straight vinegar (5% acetic acid) in your kitchen near your cutting board and in your bathroom and use them for cleaning. The smell of vinegar dissipates within a few hours. Straight vinegar is also great for cleaning the toilet rim. Just spray it on and wipe off.

OVEN CLEANER

1 cup or more baking soda
Water
A squirt or two of liquid detergent
Sprinkle water generously over the bottom of the oven, then cover the grime with enough baking soda that the surface is totally white. Sprinkle some more water over the top. Let the mixture set overnight. You can easily wipe up the grease the next morning because the grime will have loosened. When you have cleaned up the worst of the mess, dab a bit of liquid detergent or soap on a sponge, and wash the remaining residue from the oven.

MOLD KILLERS

Tea Tree Treasure: Nothing natural works for mold and mildew as well as this spray. Tea tree oil is expensive, but a little goes a very long way. Note that the smell of tea tree oil is very strong, but it will dissipate in a few days.

2 teaspoons tea tree oil

2 cups water

Combine in a spray bottle, shake to blend, and spray on problem areas. Do not rinse. Makes two cups.

Vinegar Spray: Straight vinegar reportedly kills 82% of mold. Pour some white distilled vinegar straight into a spray bottle, spray on the moldy area, and let set without rinsing if you can put up with the smell. It will dissipate in a few hours.