

# RECIPES FOR **HEALTHY HOUSEHOLD CLEANERS**



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## GUIDELINES

- Use safe products first and stronger products as a last resort
- Avoid aerosol cans and products with phosphates and chlorine
- Never pour chemicals down sink or storm drain
- Check for free local collection events for household hazardous waste; [visit fcgov.com/](http://visit.fcgov.com/)


## ALTERNATIVE CLEANING PRODUCT SHOPPING LIST

Compare these prices to what you normally pay for cleaners.

<b>Baking Soda</b>	<b>Laundry, household deodorizer and cleaner, water softener</b>	<b>Microfiber Cleaning Cloths</b>	Just use water for all surfaces and household chores
<b>Bon Ami</b>	Non-toxic scouring powder that cleans glass top stoves	<b>Soap Flakes</b>	Pure soap in flake form, contains no bleaches, phosphates, enzymes, or perfumes. Good for washing clothing
<b>Borax</b>	Natural laundry soap and multi-household cleaner	<b>Technical Grade Boric Acid</b>	Safe to use in the household to control roaches
<b>Castile Soap</b>	Vegetable-based soap, made from coconut or olive oil (Look for: Vermont soap, Aloe Castile Liquid, or Dr. Bronner's Soap)	<b>Vanilla</b>	Serves as a good fragrance
<b>Cream of tartar</b>	A mild food acid often from grapes	<b>Vegetable Oil</b>	Works well when polishing and cleaning wood
<b>Glycerin</b>	A simple polyol compound, creates smoothness in detergents	<b>Vegetable Oil-based Soap</b>	A soap made from vegetable oil rather than detergent made from petroleum products
<b>Lemon/Lime Juice</b>	For fresh scents	<b>Vinegar</b>	Cuts grease, removes mildew and some stains
<b>Murphy's Oil Soap</b>	All natural soap for wood surfaces	<b>Washing Soda</b>	Sodium carbonate decahydrate, cuts grease, removes stains, disinfects, and softens water

## OPTIONAL ADDED FRAGRANCES

- **Essential Oils** – Natural plant derived oils that aid cleaning and leave a fresh scent (Lavender, Rosemary, Mint or Sage)
- **Tea Tree Oil** – Natural oil that eliminates mold and mildew
- **Lemon Oil** – for fresh scents and furniture glow
- **Thyme** – A perennial herb from the mint family
- **Lemon Grass** – Lemongrass is a tall tropical grass. The fresh stalks and leaves have a clean lemon-like odor

<b>ROACHES</b>	<b>MICE</b>
Technical-grade boric acid or borax (sprinkle in cracks)	Use snap traps for mice.  D-CON and other pesticides are harmful to you and your family. Sticky traps are also inadvisable, as they lead to a slow and painful death for mice.
	
<b>FLIES</b>	
<ul style="list-style-type: none"> <li>● Honey</li> <li>● Yellow Paper</li> </ul>	Coat yellow paper with honey for homemade flypaper. Keep organic waste from the kitchen in tightly closed containers.
<b>7 KEY PRINCIPLES TO A HEALTHY HOME</b>	
<b>Keep it:</b>	
<b>1. Clean</b> <b>Reduce allergens and dust particles</b> <ul style="list-style-type: none"> <li>● Remove shoes before entering your home</li> <li>● Place a commercial-grade quality doormat at every entrance</li> </ul>	<b>2. Safe</b> <b>Be aware of the most common dangers in your home</b> <ul style="list-style-type: none"> <li>● Check carbon monoxide, smoke alarms, and fire extinguishers regularly.</li> <li>● Create a fire escape plan with all residents</li> </ul>
<b>3. Free of Contaminants - Be aware of substances in your home that could make you sick</b> <ul style="list-style-type: none"> <li>● Dispose of harmful cleaning products/chemicals and replace them with non-toxic alternatives</li> <li>● Test your home for radon and carbon monoxide</li> </ul>	<b>4. Well ventilated - Ventilation expels moisture and odors and keeps your home dry and mold-free</b> <ul style="list-style-type: none"> <li>● Open windows to fully ventilate your home regularly</li> <li>● Use extra ventilation when using glues, paint, and other harmful chemicals</li> </ul>
<b>5. Dry and Mold Free - Too much water in the home causes mold and structural damage</b> <ul style="list-style-type: none"> <li>● Run exhaust fans while showering and cooking</li> <li>● Make sure your home has proper drainage. Extend downspouts 5 ft. away from home and check gutters for blockages</li> </ul>	<b>6. Pest-Free - Insects and rodents can trigger allergies and asthma and spread disease. Pests seek out food, water and hiding places</b> <ul style="list-style-type: none"> <li>● Seal exterior gaps with copper mesh or weather stripping</li> <li>● Eliminate all water and food sources around the house, including pet dishes and bird feeders</li> </ul>
<b>7. Well-Maintained</b>	
<b>Maintenance ensures the vital systems in your house are in good shape and running efficiently.</b>	
<b>Inside the home</b> <ul style="list-style-type: none"> <li>● Take care of minor repairs before they become large problems</li> <li>● Check the flues, filters and vents of your heating systems to ensure they are clean and connected properly</li> </ul>	<b>Outside the home</b> <ul style="list-style-type: none"> <li>● Check the caulking around windows and door frames (inside and out)</li> <li>● Clean gutters and downspouts quarterly</li> </ul>


## AROUND THE HOUSE

<p><b>ALL PURPOSE CLEANER</b></p> <ul style="list-style-type: none"> <li>Mix 2 tbsp. of vinegar with 1 tsp. borax</li> <li>Shake until the borax is dissolved</li> <li>Add 1/4 cup of Dr. Bronner's castile liquid soap</li> <li>To scent add 10 to 15 drops of an essential oil</li> <li>Fill the rest of the spray bottle with warm water</li> </ul> <p><i>Use for cleaning countertops, floors, walls, carpets, windows and upholstery</i></p>	<p><b>AIR FRESHENERS</b></p> <ul style="list-style-type: none"> <li><b>LEMON</b> -1 tsp baking soda, 2 cups hot water &amp; 1 tsp. lemon juice <i>Dissolve solution and pour into a 16 oz. spray bottle and spray as you would an air freshener.</i></li> <li><b>CLOVES AND CINNAMON</b> - 2 to 3 tbsp. cloves &amp; 2 to 3 cinnamon sticks. <i>Wrap cloves and cinnamon in a cheesecloth, boil in water</i></li> <li><b>VANILLA</b> -1 to 2 tbsp. pure vanilla <i>Place in small saucer and set in room.</i></li> </ul>
<p><b>DISINFECTANT SPRAY</b></p> <ul style="list-style-type: none"> <li>2 cups water</li> <li>1/4 cup white vinegar</li> <li>1/4 tsp. Tea Tree Oil</li> <li>1/4 tsp Lavender Oil</li> </ul> <p><i>Mix ingredients in a 16 oz. spray bottle. Spray on items like toilet rims, cutting boards, sinks, etc.</i></p>	<p><b>GLASS CLEANER</b></p> <ul style="list-style-type: none"> <li>1/8 to 1/4 cup white vinegar</li> <li>2 cups warm water</li> </ul> <p><i>Mix ingredients together in a 16 oz. spray bottle. Apply. Use newspaper to dry glass</i></p>
<p><b>WEEKLY DUSTING</b> - Simply damp dust with a microfiber cloth</p>	

## IN THE KITCHEN



<p><b>DISHWASHER SOAP</b></p> <ul style="list-style-type: none"> <li>1/4 cup soap flakes</li> <li>2 cups hot water</li> <li>1/4 cup glycerin</li> <li>1/2 tsp. lemon essential oil</li> <li><i>Dissolve soap flakes in cool to lukewarm water. Stir in the glycerin and the essential oil, leave to cool. As it cools, it will form a loose gel. Stir with fork and break up the gel and then pour into a narrow-necked bottle.</i></li> </ul>	<p><b>MICROWAVE OVEN CLEANER</b></p> <ul style="list-style-type: none"> <li>1/4 cup baking soda</li> <li>1 tsp vinegar</li> <li>5-6 drops thyme, lemongrass or lemon essential oil</li> </ul> <p><i>Combine all ingredients to make a paste. Apply to the walls and floor of the microwave with a soft cloth or sponge. Rinse well and leave the microwave door open to air-dry</i></p> <p><i>To loosen caked on debris, microwave 2 cups water for 5 minutes and wipe clean</i></p>
<p><b>GARBAGE CAN DEODORIZER</b></p> <p><i>Sprinkle a handful of baking soda over garbage each time new trash is added</i></p>	

<p><b>OVEN CLEANER</b></p> <ul style="list-style-type: none"> <li>1 quart warm water</li> <li>1 cup baking soda</li> <li>2 tsp. borax</li> <li>2 tsp. liquid soap</li> </ul> <p><i>Combine one cup of baking soda with enough water to make a paste. Apply it to your oven surfaces, and let it stand for a short while. Use a scouring pad for scrubbing the surfaces.</i></p>	<p><b>GREASE CLEANER</b></p> <ul style="list-style-type: none"> <li>1/2 tsp. washing soda</li> <li>1/4 to 1/2 tsp. vegetable oil-based liquid soap (Dr. Bronner's, Murphy's Oil, castile soap, or Mrs. Meyer's Clean Day soap)</li> <li>3 tbsp. vinegar</li> <li>2 cups hot water</li> </ul> <p><i>Mix ingredients together in a spray bottle. Spray. Scrub. Wipe clean ***WEAR GLOVES</i></p>
<p><b>SCOURING POWDER</b></p> <ul style="list-style-type: none"> <li>1 cup baking soda</li> <li>1/2 cup of vegetable oil soap (Dr. Bronner's, Murphy's Oil, castile soap, or Mrs. Meyer's Clean Day soap)</li> <li>2 tbsp. vinegar</li> <li>1/2 cup hot water</li> <li>A few drops of tea tree oil</li> </ul> <p><i>Mix baking soda and soap. Add water, then add vinegar and oil. Sore in an 9 oz. spray bottle and shake before using. Rinse thoroughly to avoid leaving a residue</i></p>	<p><b>DRAIN CLEANER</b></p> <ul style="list-style-type: none"> <li>1 cup baking soda</li> <li>2 cups boiling water</li> <li>1 cup vinegar</li> </ul> <p><i>Pour baking soda down drain followed by boiling water and then vinegar</i></p> 
<p><b>IN THE BATHROOM</b></p>	
<p><b>TUB AND TILE CLEANER</b></p> <ul style="list-style-type: none"> <li>1-2/3 cups baking soda</li> <li>1/2 cup of vegetable oil soap (Dr. Bronner's, Murphy's Oil, castile soap)</li> <li>2 tbsp. vinegar</li> <li>1/2 cup hot water</li> <li>20 drops of tea tree oil</li> </ul> <p><i>Mix baking soda and soap. Add water, then add vinegar and oil. Store in an 9 oz. spray bottle and shake before using. Rinse thoroughly to avoid leaving a residue.</i></p>	<p><b>MOLD KILLERS</b></p> <ul style="list-style-type: none"> <li><b>White vinegar</b> - scrub mold with sponge and vinegar</li> <li><b>Tea Tree Oil</b> - Rub over mold and then scrub away</li> <li><b>Detergent</b> - Vegetable oil soap (Dr. Bronner's, Murphy's Oil, castile soap) and water—scrub with sponge....or...</li> <li><i>1 cup white vinegar, 1/2 cup hydrogen peroxide, and 1 cup water</i></li> </ul> <p><i>Wait at least one hour before rinsing</i></p>
<p><b>TOILET BOWL CLEANER</b></p> <ul style="list-style-type: none"> <li>Borax</li> <li>Lemon juice</li> </ul> <p><i>Mix ingredients together to make a paste, let stand in toilet bowl for 2 hours, scrub. **WEAR GLOVES</i></p>	<p><b>SEPTIC TANK MAINTENANCE</b></p> <ul style="list-style-type: none"> <li>1 cup baking soda</li> </ul> <p><i>Flush down toilet once a week</i></p>
<p><b>LIME AND MINERAL DEPOSIT REMOVER</b></p>	<p><i>Soak paper towels in vinegar, cover deposits, let stand for about 1 hour</i></p>

## METAL CLEANERS & POLISHES

<p><b>BRONZE POLISH</b></p> <ul style="list-style-type: none"> <li>• 1/4 tsp. salt</li> <li>• 1/4 cup white vinegar</li> <li>• 1/4 cup flour</li> </ul> <p><i>Dissolve salt into vinegar. Add enough flour to make a paste. Apply to bronze surface</i></p>	<p><b>SUEDE CLEANER</b></p> <ul style="list-style-type: none"> <li>• Art gum eraser</li> <li>• Sand paper or emery board</li> </ul> <p><i>To remove dirt marks, rub out with an eraser. Buff lightly with sand paper or emery board</i></p>
<p><b>STAINLESS STEEL POLISH</b></p> <ul style="list-style-type: none"> <li>• 1/4 cup rubbing alcohol</li> <li>• 1/3 cup white distilled vinegar</li> </ul> <p><i>Combine ingredients in a spray bottle, add water to top. Use microfiber cloth to polish.</i></p>	<p><b>LEATHER CLEANER</b></p> <ul style="list-style-type: none"> <li>• Cold pressed nut oil, olive oil, walnut oil, or beeswax</li> </ul> <p><i>Apply one of the above ingredients to leather,. Buff with chamois cloth</i></p>
<p><b>FURNITURE POLISH</b></p> <ul style="list-style-type: none"> <li>• 1/2 cup lemon juice</li> <li>• 1 cup vegetable oil</li> <li>• 1-1/2 cups water</li> <li>• 2 drops lemon oil for fragrance</li> </ul> <p><i>Mix ingredients in a 16 oz. spray bottle. Works great on wood furniture, Formica countertops, and other hard surfaces</i></p>	<p><b>CHROME POLISH</b></p> <ul style="list-style-type: none"> <li>• Baby oil</li> <li>• Soft cloth</li> </ul> <p><i>Rub chrome surface with baby oil. Clean with soft cloth</i></p>



## PESTICIDES

<p><b>GENERAL</b></p> <ul style="list-style-type: none"> <li>• 6 cloves crushed garlic</li> <li>• 1 tbsp. dried hot pepper</li> <li>• 1 tsp. dry soap</li> <li>• 4 qts. Hot water</li> </ul> <p><i>Mix ingredients together, let stand 1 to 2 days. Strain, pour into a spray bottle, and spray on foliage</i></p>	<p><b>ANTS</b></p> <ul style="list-style-type: none"> <li>• Bone meal, cinnamon, cream of tartar, red chili pepper, salt, dried mint, dried sage, cucumber peelings, perfume, paprika, powdered charcoal of diluted Neem Oil.</li> </ul> <p><i>Pour any of the above ingredients at the place where ants are entering the house</i></p>
<p><b>MOSQUITOES</b></p> <ul style="list-style-type: none"> <li>• 15 drops lavender oil</li> <li>• 3—4 tbsp. vanilla extract</li> <li>• 1/4 cup lemon juice</li> </ul> <p><i>Combine in spray bottle. Shake well</i></p>	<p><b>MOTHS</b></p> <ul style="list-style-type: none"> <li>• 1/1/2 lb. rosemary</li> <li>• 1/2 lb. mint</li> <li>• 1/4 lb. thyme</li> <li>• 1/4 lb. ginseng (optional)</li> </ul> <p><i>Mix ingredients together. Put in small cheese cloth bags...or...place a bowl of hot soapy water under a light in the evenings.</i></p>

## IN THE LAUNDRY ROOM

<p><b>LAUNDRY DETERGENT</b></p> <ul style="list-style-type: none"> <li>• 1 oz. vegetable soap (Dr. Bronner's, Murphy's Oil, castile soap, or Mrs. Meyer's Clean Day soap)</li> <li>• 1 cup washing soda</li> <li>• 1 cup baking soda</li> <li>• 1 cup white vinegar</li> </ul> <p><i>Fill washer with water and add each ingredient in the order given. Launder as usual</i></p>	<p><b>FABRIC SOFTENERS</b></p> <ul style="list-style-type: none"> <li>• 2 cups baking soda</li> <li>• 2 cups white vinegar</li> <li>• 4 cups water</li> </ul> <p><i>Mix these ingredients and use 1/4 cup per load in the final rinse.</i></p>
<p><b>STAIN REMOVERS</b></p>	
<ul style="list-style-type: none"> <li>• <b>Coffee and Tea Stains</b> - Mix 1 tsp. salt and 1 tsp. white vinegar</li> <li>• <b>Fruit &amp; wine stains</b>—immediately pour salt or cold soda water on stain and soak in milk before washing.</li> <li>• <b>Ink Stains</b>—Soak in milk or remove with hydrogen peroxide</li> <li>• <b>Blood stains</b>—Pour salt or cold soda water on the stain and soak in cold water before washing</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Coffee and Chocolate Stains</b>—Mix egg yolk with lukewarm water and rub on stain</li> <li>• <b>Chewing gum</b>—rub with ice, gum with flake off</li> <li>• <b>Wine Stains</b>—Pour on club soda immediately and blot with clean cloth</li> <li>• <b>Lipstick Spot Remover</b>—Rub stain with shortening. Wash with washing soda *WEAR GLOVES*</li> </ul>

## WALLS AND FLOORS

<p><b>CARPET CLEANER</b></p> <ul style="list-style-type: none"> <li>• Dry #1—1 box baking soda</li> <li>• Dry #2—1 cup borax and 2 cups corn meal</li> </ul> <p><i>Mix ingredients together and let stand on carpet one hour before vacuuming</i></p>	<p><b>TILE FLOOR CLEANER</b></p> <ul style="list-style-type: none"> <li>• 1 cup vinegar</li> <li>• 1 gal. hot water</li> </ul> <p><i>Mix ingredients. Apply with mop. Wipe clean</i></p>
<p><b>WOOD FLOOR CLEANER</b></p> <ul style="list-style-type: none"> <li>• 1/8 cup olive oil</li> <li>• 1/8 cup vinegar</li> <li>• 2 qt. water</li> <li>• 1—2 drops of lemon essential oil</li> </ul> <p><i>Mix ingredients. Apply with mop. Wipe clean</i></p>	<p><b>PET URINE</b></p> <ul style="list-style-type: none"> <li>• 1/4 cup vinegar</li> <li>• 1 tbsp. vegetable oil soap (Dr. Bronner's, Murphy's Oil, castile soap, or Mrs. Meyer's Clean Day soap)</li> <li>• 2 cups water</li> </ul> <p><i>Add vinegar and soap to stain. Let stand for 15 min. Rinse area with warm water. Blot dry.</i></p>
<p><b>GARAGE FLOOR CLEANER</b></p> <ul style="list-style-type: none"> <li>• 1 cup washing soda</li> <li>• 1/2 cup water</li> </ul> <p><i>Mix ingredients. Apply with mop. Wipe clean</i></p>	