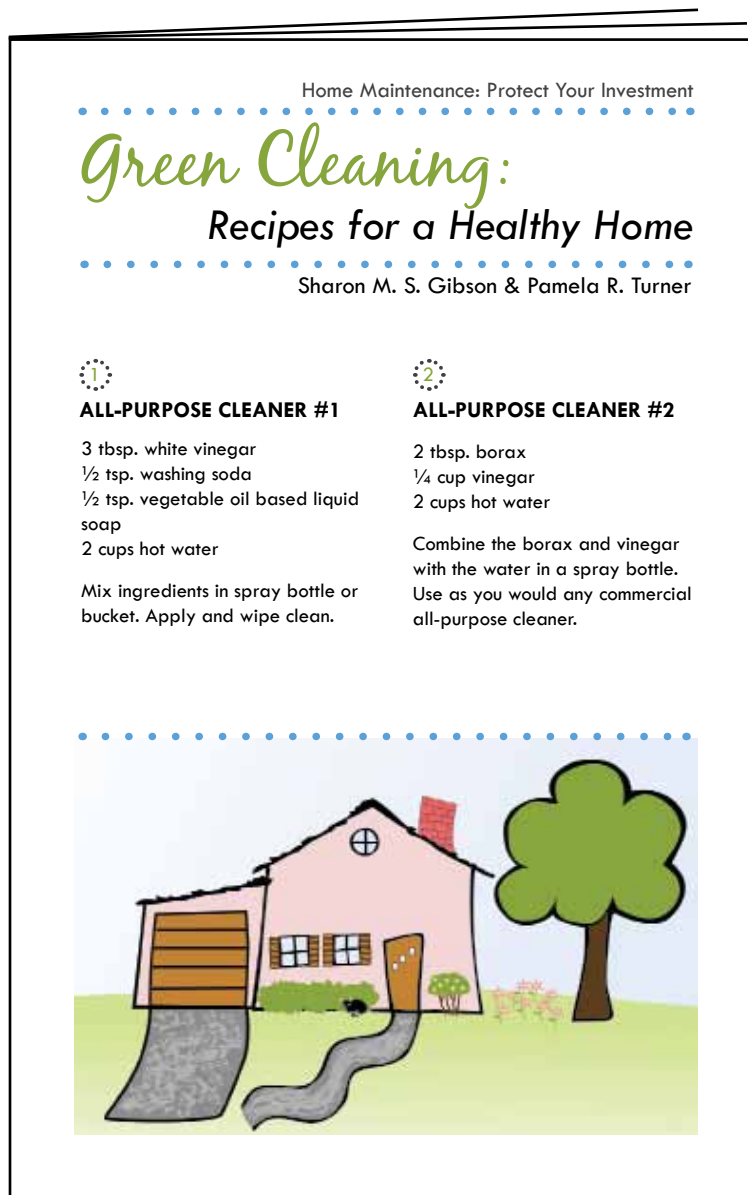


How to prepare the “Green Cleaning – Recipes for a Healthy Home” booklet:

- The following pages, “Green Cleaning – Recipes for a Healthy Home,” can be printed in a booklet form.
- Print the pages so they are double-sided, front and back.
- Make sure that they your printer settings align the pages so they are aligned correctly when folded. You may have to adjust your printing settings.
- Stack the pages on top of one another, and then fold the pages in half to form the booklet.

Keep your recipes with your green cleaning supplies.



WHERE TO FIND INGREDIENTS:

washing soda (sodium carbonate)

- available in the laundry aisle of the grocery store

borax (sodium borate)

- available in the laundry aisle of the grocery store

vegetable oil based liquid soap (common name: castile soap)

- available in health food and natural food stores

essential oils

- available in health food and natural food stores

melted beeswax

• Melt in a double boiler. Watch carefully, as beeswax has a high melting point of 150 degrees. Break up the beeswax into small pieces as this will facilitate melting.

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THE UNIVERSITY OF GEORGIA
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College of Agricultural and Environmental Sciences
 College of Family and Consumer Sciences

Green Cleaning:

Recipes for a Healthy Home

Sharon M. S. Gibson & Pamela R. Turner

1

ALL-PURPOSE CLEANER #1

- 3 tbsp. white vinegar
- 1/2 tsp. washing soda
- 1/2 tsp. vegetable oil based liquid soap
- 2 cups hot water

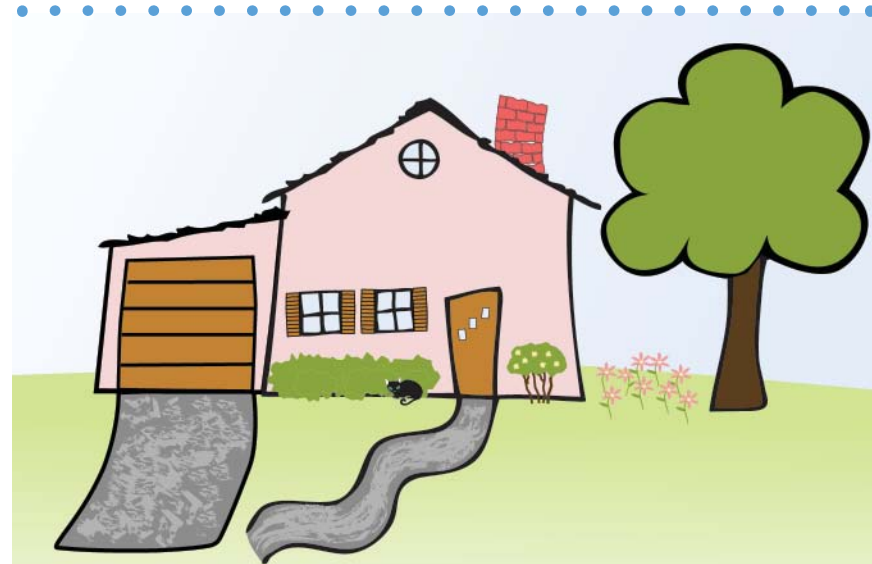
Mix ingredients in spray bottle or bucket. Apply and wipe clean.

2

NON-ABRASIVE SOFT SCRUBBER

- 1/4 cup borax
- vegetable oil based liquid soap
- 1/2 tsp. lemon essential oil

In a bowl, mix the borax with enough soap to form a creamy paste. Add lemon oil and blend well. Scoop a small amount of the mixture onto a sponge, wash the surface, then rinse well.



3

FLOOR CLEANER

For greasy, no-wax floors:

- 1 cup white vinegar
- ¼ cup washing soda
- 1 tablespoon vegetable oil-based liquid soap
- 2 gallons hot water

Combine all ingredients, stirring well to dissolve the washing soda. Mop as usual.

4

WOOD CLEANER

- 2 tbsp. olive oil
- 2 tbsp. white vinegar
- ¼ cup lemon juice

Mix ingredients. Using a soft cloth, rub into the wood, in the direction of the grain.

5

LAMINATE FLOOR CLEANER

For engineered wood and no-wax floors.

- ½ cup white vinegar
- 1 gallon warm water

Mix ingredients. Avoid overwetting the floor by using a spray bottle to apply the mixture to the floor. Mop as usual (microfiber mops work best).

18

MIRROR & WINDOW POLISH

For sparkling glass.

- cornstarch
- water

Mix together cornstarch and water to make a paste. Use a soft cloth to apply the paste to the mirror. Rub gently then wipe clean with a soft cloth.

19

GARBAGE CAN DEODORIZER

- 1 cup baking soda
- 1 tsp. tea tree oil

Mix together in a small bowl, working out all the lumps with a fork. Sprinkle the mixture in the bottom of the trash can after the liner is removed. Periodically rinse container with white vinegar and dry in the sun.

20

COPPER & BRASS CLEANER

Not for use on lacquered finishes.

- lemon juice
- salt, non-iodized
- cornstarch

Mix equal parts of salt and cornstarch with lemon juice to make a paste. Apply to surface with a soft rag. Rub gently. Rinse with warm water and mild dish soap. Dry with a soft cloth.

15

TOILET BOWL CLEANER

1 cup borax
½ cup white vinegar

Flush to wet the sides of the bowl. Sprinkle the borax around the toilet bowl, then spray with vinegar. Leave for several hours or overnight before scrubbing with a toilet brush.

16

TUB & TILE CLEANER

white vinegar
baking soda or non-iodized salt

To remove film buildup on bathtubs, apply vinegar full-strength to a sponge and wipe. Next, use baking soda or salt as you would scouring powder. Rub with a damp sponge and rinse thoroughly with clean water.

17

NO-STREAK GLASS CLEANER

¼ cup white vinegar
1 tbsp. cornstarch
1 quart warm water

Mix the ingredients and apply with a sponge or pour into spray bottle and spray on. For lint-free results, wipe dry with crumpled newspaper, buff to a shine.

FURNITURE POLISH

6

1/4 cup melted Beeswax
1 cups olive oil
1 teaspoon lemon juice

Carefully pour the melted beeswax slowly into a heat resistant bowl containing the olive oil and lemon juice. Slowly stir with a wooden spoon. The mixture will thicken as it cools to the consistency of smooth peanut butter.

Store in an airtight container in a cool room. The polish will keep for a year.

To use: Work a small amount into wood using a soft cotton cloth (or repurpose an old t-shirt). Buff to a soft glow.

7

DRAIN CLEANER

For slow drains, use this drain cleaner once a week to keep drains fresh and clog-free.

½ cup baking soda
1 cup white vinegar
1 gallon boiling water

Pour baking soda down drain/disposal, followed by vinegar. Allow the mixture to foam for several minutes before flushing the drain with boiling water.

8

GARBAGE DISPOSAL CLEANER

1 cup ice
used lemon or orange rind

To eliminate garbage disposal odors and clean and sharpen blades, grind ice and rinds until pulverized.

9

OVEN CLEANER

2 tbsp. vegetable oil based liquid soap
2 tbsp. borax

Mix the soap and borax in a spray bottle. Fill the bottle with hot water and shake well. Spray on oven and leave for 20 minutes. Scrub off.

10

REFRIGERATOR CLEANER

2 tbsp. baking soda
1 quart warm water

Dissolve baking soda in water. Use to wipe all surfaces inside and out. For stubborn spots, rub with baking soda paste. Be sure to rinse with a clean, wet cloth.

11

ALUMINUM CLEANER

1/2 cup apple cider vinegar
2 tablespoons of Cream of Tartar

Fill your aluminum pot with water to boil; for every quart of water added, also add 1/2 cup of vinegar and 2 tablespoons of cream of tartar. Boil the mixture for about 10 minutes, then pour the mixture out. When the pot is cooled, wash it with dish soap.

12

FRAGRANT KITCHEN CLEANSER

2 tbsp. white vinegar
2 pints water
4 drops essential oil (lavender, tea tree oil, lemon, lemongrass, or rosemary)

Combine ingredients in spray bottle and use as a final rinse after cleaning kitchen surfaces. Store in a cool, dark place.

13

PLUMBING FIXTURE CLEANER #1

Use to clean stainless steel, chrome, fiberglass, ceramic, porcelain or enamel fixtures.

2 tbsp. baking soda
1 quart water

Dissolve the baking soda in the water. Wipe on fixtures then rinse.

14

PLUMBING FIXTURE CLEANER #2

Hard lime deposits around faucets can be softened for easy removal by covering the deposits with vinegar-soaked paper towels.

white vinegar
paper towels

Soak paper towels in vinegar and leave them on surface. Wipe clean after about an hour.