

Non-Toxic Cleaning Recipes

Kitchen Cleaning Alternatives:

All Purpose Cleaners:

- Mix 2 parts borax with 1 part baking soda or washing soda.
- Sprinkle on surface and rub with a damp cloth.
- Wash with 1 part vinegar and one part water.

Scouring Powder:

- Dip a damp cloth in baking soda and rub.
- Shake salt on surface and scrub with a damp cloth dipped in lemon juice; rinse.

Oven Cleaners:

- Apply a paste of baking soda and water, wait 15 minutes, and scrub.
- Mix 1 part borax with 2 parts hot water. Spray inside oven and leave overnight. Scrub clean with steel wool.
- Warm oven to 100°C. **Turn Off. Open windows.** Pour 3 cups boiling water into broiling pan. Put 1 cup ammonia in dish on top rack. Leave overnight. Wash with detergent and water. For racks and dirty baking ware, place in garbage bag with 1-2 cups ammonia.

Kettle and Coffee Maker Descaler:

- Run about 3 cups of vinegar through your coffee maker or boil it in your kettle to descale it. The acidic steam will be irritating, so open a window or turn on the stove exhaust fan and leave the room for a few minutes to avoid breathing the steam.

Drain Openers:

- Pour boiling water down the drain each week to keep clear.
- Pour 1/4 cup baking soda followed by 1/4 cup vinegar down the drain and cover with a pot. Wait 15 minutes, then flush with boiling water.

Bathroom Cleaning Alternatives:

Tub and Toilet Rust Stain Remover:

- Put just enough water in the tub to cover the rust stains. Put 2 or 3 envelopes of lemonade crystals into the water and swish around. You can also sponge or spray this onto your tiles around the tub. Leave overnight, or while you clean the rest of the house. The citrus acid in the drink crystals will dissolve the rust stains!
- You can also pour a couple of envelopes into your toilet and leave overnight or during the day. Then brush and flush!

Mold Remover:

- Spray with undiluted vinegar. Wait one hour, then scrub.

Deodorizers/Air Fresheners:

- Use natural potpourri, cedar chips, or a dish of vinegar

General Household Cleaning Alternatives:

Carpet/Upholstery Cleaner:

- Clean stains immediately with Club Soda.
- Sprinkle cornstarch on rug. Wait 15 minutes. Vacuum.

Window Cleaner:

- Put 1 part vinegar and 1 part water into a spray bottle. Spray and wipe with a lint-free rag.

Furniture Polish:

- Mix 1 part lemon juice or vinegar with 2 parts vegetable oil. Apply sparingly with a soft cloth.
- You can put this in a spray bottle if you use 1 Tablespoon. lemon juice or vinegar, 2 Tablespoons. vegetable oil, 4 cups water, and warm the mixture by putting the

spray bottle in a bowl of hot water.

Silver Cleaner:

- 4 cups warm water, 1 teaspoon baking soda, 1 teaspoon salt, and a small piece of tin foil. Soak pieces in this solution. Replace foil when the old one turns black.

Laundry Cleaning Alternatives:

Fabric Softener:

- Add 1/2 to 1 cup vinegar to final rinse.

Laundry Detergent:

- 1 cup pure soap flakes, plus 1/4 cup washing soda. (When switching from detergent, remove residues by washing in washing soda first so that your clothes won't yellow in reaction between the soap and detergent residues).
- A laundry detergent with the Canadian Ecologo on it.

Bleach:

- Boil white socks in lemon juice and water!
- Put lemon juice and salt on organic stains and place in the sun.

For special cleaning jobs, remember to use products that carry a reputable green choice label, such as the Canadian Ecologo.

