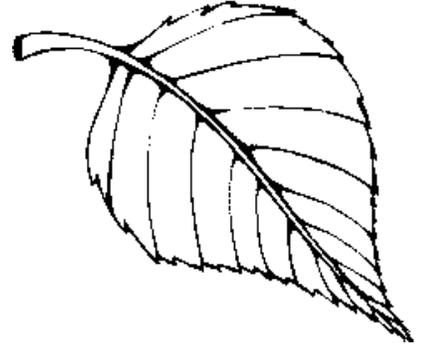


Non Toxic Household Cleaners

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"Anything they have to advertise is something you don't need". – Coyne and Knutzen.

Resources

Better Basics for the Home: Simple Solutions for Less Toxic Living, by Annie Berthold-Bond.

Clean House Clean Planet, by Karen Logan.

Deliberate Life, by Nicole Faires.

DIY Natural Household Cleaners: How to Make Your Own Natural Cleaners, by Matt and Betsy Jabs.

Organic Housecleaning, by Ellen Sandbeck.

RAIN Program - www.slowrain.ca - "Keep it Clean" Section.

The Naturally Clean Home, by Karyn Sieber-Maier.

There's Lead in Your Lipstick: Toxins in our Everyday Body Care and How to Avoid Them, by Gillian Deacon.

The Urban Homestead, by Kelly Coyne and Erik Knutzen.

Why worry about what we use as household cleaners

- a) Protecting our soil and water
- b) Avoiding petroleum-based products or other products made of non-renewable resources
- c) Empowerment - understanding what is in our products
- d) Protecting our health
- e) Saving money

Simple Steps Toward a Less Toxic Home

1. Look in your cupboards and under the kitchen sink – remove toxic products
2. Dispose of toxic products at proper hazardous waste sites
3. Replace toxic products with non-toxic, biodegradable substitutes
4. Learn to make your own non-toxic cleaning products

Other Simple Suggestions

- use reusable cotton rags that can be washed
- conserve water while cleaning
- clean indoor air with houseplants and open windows
- learn about your water: hard and soft water will require different cleaning products

3 Items to keep in your non toxic cleaning cupboard

Baking Soda

- scrubber and deodorizer; can be dissolved in water as an all purpose cleaner; replaces a scouring powder and effective for scrubbing sinks, tubs and toilets
- also as a laundry additive (improves performance of soap by softening the water)

White Vinegar

- mild acid, disinfectant, deodorizer, and fabric softener
- for wiping down table tops, appliances, mopping the floor, cleaning toilets, toilet seats

Liquid Castile Soap

- use in place of all liquid detergents and soaps as a general cleaner for home and body
- made of 100% vegetable based oils; available at health food stores

Other useful non toxic cleaning ingredients

Pure Essential oils

- to add smell and antibacterial/antifungal/antiseptic properties to your cleaning preparations e.g. sweet orange (cuts grease), lavender, eucalyptus, rosemary

Tea tree oil

- has antibacterial properties, can be added to your cleaning products in diluted form

Hydrogen peroxide

- is a non-toxic disinfectant and a bleach (use a 3 % solution - available at the drugstore)

Olive oil or other lighter oils e.g. sunflower, flax, hemp, jojoba

- can be used with vinegar or beeswax to polish furniture

Beeswax

- makes a high quality furniture polish

Lemon juice

- an acid (like vinegar) often used for bleaching; neutralizes alkaline substances like scale from hard water; great for scrubbing your cutting boards to disinfect them (add a little salt to this)

Recipes

ALL PURPOSE SPRAY CLEANER *Challenge: to clean a counter top*

Formula for kitchens

Has the shining & deodorizing qualities of vinegar, with a little soap to cut grease, and essential oils as disinfectant. Great all purpose cleaner (wiping fridges, counters, tabletops, greasy stove).

Ingredients:

1/3 cup white vinegar

2/3 cup water

1 Tbsp liquid castile soap

10 drops pure essential oils (e.g. sweet orange, lavender, tea tree, thyme)

- a) Fill a 250 ml sized spray bottle 1/3 of the way with white vinegar.
- b) Fill the rest of the way with water.
- c) Add 1 Tbsp liquid castile soap.
- d) Optional: add 10 drops pure essential oils (e.g. sweet orange, or lavender – mild disinfectant; or tea tree or thyme – antibacterial)
- e) Shake well before each use.

For the soap scum at the bottom of the tub, or the lime build-up at the bottom of the toilet tank – use a straight dose of white vinegar (let vinegar sit for an hour to loosen the residue, then scrub with a strong brush).

OVEN CLEANER *Challenge: to clean a grimy stovetop element*

Ingredients:

Baking soda

Pinch of sea salt (or table salt)

A few drops pure essential oil of your choice, optional

Water to make a paste

Find a small jar or sugar shaker with holes in the lid. Fill ¾ full with baking soda, add a pinch of salt and a few drops pure essential oil. Mix well. Shake onto area you want to clean, add a little water to make a paste. Let sit for 30 minutes, then scrub with a scouring pad. If you are scrubbing delicate surfaces don't use the salt in your mix (salt is much more abrasive than baking soda)!

LEMON BEESWAX FURNITURE POLISH *Challenge: to polish & protect wooden furniture*

Ingredients:

¾ cup flax seed (linseed) oil, hemp oil or light mineral oil

¼ cup grated pure beeswax (or alternately carnuba wax, soy wax)

¼ tsp each pure essential oils of lemon, orange, grapefruit and thyme

Melt the wax into the oil and when slightly cool, add your essential oils. Pour into a 250 ml wide mouth jar and allow to solidify. To use, apply a thin layer on the furniture using a circular rubbing motion and then wipe clean with a cotton rag. *Before use, test the wax on your furniture in an inconspicuous area.*

GLASS WINDOW CLEANER *Challenge: to clean a window*

Ingredients:

2 tsp white vinegar

1 litre warm water

Mix 2 teaspoons white vinegar with 1 litre warm water to clean glass.

Use a soft cloth or crumpled newspaper to clean.

LIME SCALE REMOVER *Challenge: to clean a tea kettle*

Ingredients:

White vinegar

Cover lime scale with white vinegar. Let sit at least 30 minutes to loosen scale.

Scrape clean using a butter knife, and/or toothbrush.

MOULD KILLER

Ingredients:

2 cups Water

1 tsp pure essential oils (e.g. lavender, tea tree, clove)

10 drops grapefruit seed extract

Mix together in a spray bottle. Shake well. Spray and let sit 20 minutes. Then scrub with a toothbrush and rag.

CREAMY SOFT SCRUBBER

Ingredients:

½ cup baking soda

A little castile soap (add enough soap to make a paste)

A few drops pure essential oil, optional

This combination of baking soda and soap dissolves soap scum. Great for bathrubs and sinks. Rinse after using.

VINEGAR DEODORIZER

Ingredients:

1 cup apple cider vinegar

Set apple cider vinegar in a glass in the fridge. It will remove the smell in 2 days

DRAIN CLEANER

Ingredients:

½ cup baking soda

1 cup white vinegar

4 litres boiling water

Sprinkle baking soda down the drain, follow with vinegar and put in plug. Leave 20 min, boil water. Remove plug, pour boiling water down drain.

NOTES