



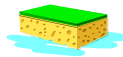
# LESS-TOXIC CLEANING ALTERNATIVES for the home



## BASIC INGREDIENTS FOR LESS-TOXIC CLEANING



- **Baking soda and Borax** – Cleans and deodorizes, also good scouring powders
- **Plain soap (liquid dish soap or bar soap) without fragrances or Triclosan** – Safer, easy cleaner. Castile Soap is a good liquid option.
- **White vinegar & lemon juice** – Cuts grease and smells fresh
- **Hydrogen peroxide (3% solution)** – Works like a disinfectant
- **Scrub brush or green scrubbing pad**



## CLEANING NEEDS

## SAFER ALTERNATIVES



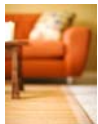
### Air Freshener



### All Purpose Cleaner



### Carpet Deodorizers



### Carpet, Rug and Upholstry Cleaner



### Detergent



### Drain Opener



### Glass Cleaner

- Leave open boxes/bowl of baking soda in refrigerator, closet and bathroom.
- Sprinkle baking soda in bottom of trash cans.
- Mix liquid soap and water (soapy water).
- Mix liquid soap with 1 tbs of baking soda; then add lemon juice and water.
- Fill a spray bottle with ½ part vinegar and ½ part water; add some lemon juice for fresh scent.
- Liberally sprinkle baking soda on the carpet. Let set overnight, or for as long as possible. Vacuum.
- Mix 1 quart warm water, 1 tsp mild liquid soap, 1 tsp Borax or T.S.P. and a squeeze of lemon or splash of vinegar. Apply with a damp cloth or sponge and rub gently. Wipe with a clean cloth and allow to dry.
- Use mild, biodegradable detergents. Look for naturally derived or glycerin-based soaps.
- Pour ½ cup of baking soda into drain, followed by ½ cup vinegar. After 15 minutes, pour 2 quarts of boiling water down the drain.
- Mix 1 quart water with 1/3 cup white vinegar and 2 tsp lemon juice (or 1 tsp liquid soap) in a spray bottle. Shake to blend. Spray on surfaces and rub clean with a soft, lint free cloth or newspaper.

## CLEANING NEEDS

## SAFER ALTERNATIVES



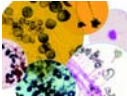
### Hand Soap

- Use plain soap, free of scents/fragrance-free and dye or color.



### Kitchen: countertop, floor & appliances

- Use soapy water or soapy water mixed with vinegar.
- Combine ½ part vinegar with ½ part water into a spray bottle.



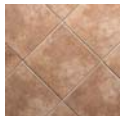
### Mold/Mildew

- To prevent or kill mold, mix 1 tsp tea tree oil per 2 cups of water. Apply with sponge.
- Let vinegar sit on mold. Clean with soapy water.
- To clean mildew from shower curtain, machine wash with ½ cup soap and ½ cup baking soda; add 1 cup white vinegar to the rinse cycle.



### Oven

- Bon Ami is an effective, safe option.
- Mix 2 tbs liquid soap, 2 tsp Borax and 1 quart warm water; leave on oven for 20 minutes then scrub with a non-chlorinated scouring powder.



### Tile/Grout

- Combine 3 cups of baking soda with 1 cup of warm water and scrub into the grout. Rinse well with water.



### Toilet Bowl

- Pour ¼ cup baking soda into bowl and sprinkle with vinegar. Let sit for half hour, then brush.
- Mix ½ cup Borax with 1 gallon or warm water. Works like a disinfectant and stain remover.
- Use hydrogen peroxide (3% solution) as a disinfectant as well.



### Wood furniture & floor polish

- Mix 2 parts vegetable oil to one part lemon juice. Rub mixture in and let stand. Then polish with a soft cloth.
- Oil soap is a good option as well.

**\*PRECAUTION\*** The homemade recipes listed here pose fewer threats to your health and the environment than the household chemicals they are intended to replace. However, the ingredients recommended are still considered chemicals and should be treated as such, including keeping away from children. Be sure to read the labels of all chemicals for appropriate use and storage. For more information about less-toxic cleaning, visit [www.ciwmb.ca.gov/wpie/cleaning](http://www.ciwmb.ca.gov/wpie/cleaning).

## REMEMBER: NEVER DISPOSE OF TOXICS IN THE TRASH

To dispose of left over cleaners and other toxic products, make an appointment with the San Mateo County Household Hazardous Waste (HHW) Program at [www.smhealth.org/hhw](http://www.smhealth.org/hhw) or (650) 363-4718.

