

# green cleaners

make your own nontoxic cleansers with these simple recipes.



## reducing asthma and allergy triggers in your home

One simple way to reduce asthma and allergy triggers in your home is to use “green” ingredients without harsh scents or toxic chemicals. Here are some examples.

### air freshener

- Cut an orange or lemon in half. Remove fruit pulp and fill the peel with salt. Place on a dish on the counter for a fresh scent.
- Dissolve ½ cup baking soda in 2 cups of very warm water. Stir. Add ½ cup of lemon juice to spritz the air for a fresh scent.

### baby and pet toys

- Mix 4 Tablespoons baking soda to 4 cups of very warm water. Apply with a clean cloth. Gently scrub and rinse. Dry with a soft, clean cloth.

### floors

- Mix ½ cup distilled white vinegar in a gallon of water. Mop floor. The vinegar odor will leave as the floor air dries. For tough stains, apply vinegar full strength.
- Mix ½ cup baking soda in a bucket of warm water. Mop floor. Air dry.
- For scuff marks, use full strength baking soda on a clean, damp cloth. Scrub and rinse. Air dry.
- To freshen carpet odors, sprinkle baking soda, wait 15 minutes and vacuum.

### insects

- Mix equal amounts of distilled white vinegar and water. Sprinkle on door step plates and windowsills to discourage ants.

### pet or juice stains on rugs

- Patch test on an edge of rug or carpet before using.
- Put distilled white vinegar on a clean, damp cloth. Wipe. Put cold water on the stain. Press to blot and dry.

### appliance cleaner

- Dampen a clean cloth with distilled white vinegar and wipe down appliances. Dry with a soft, clean cloth. Good for chrome, stainless steel, ceramic and plastic.
- Dampen a soft cloth with a small amount of olive oil. Rub on stainless steel appliances to clean, polish and shine. Wipe excess oil off with a soft cloth dampened with vinegar. Rub dry with a soft, clean cloth.

### dishes

- Add 2 heaping Tablespoons baking soda to your soapy dish water to cut grease and remove food or add vinegar to presoak pots and pans. Wait 30 minutes, then wash in hot soapy water and rinse.
- Clean coffee and tea stains from dishes by scrubbing with a damp cloth and a dab of baking soda.

### fruit & vegetable scrub

- Sprinkle baking soda on a clean, damp cloth. Scrub and rinse. Wipe dry with a clean cloth.
- Soak fruits and vegetables in half distilled white vinegar, half water solution.

### laundry

- For a fabric softener, add 1 cup distilled white vinegar to the washer rinse cycle. The vinegar odor will leave as clothes are dried.
- Using 1 cup of distilled white vinegar in the wash cycle will prevent black clothes from fading.

### rust remover

- Mix 1 Tablespoon lemon juice with enough salt to make a paste. Apply with a clean, dry cloth and rub. Rinse with water and dry with a clean, dry cloth.

### scrubs

- Apply baking soda to a damp, clean cloth and wipe counters. Rinse with water and dry with a soft, clean cloth.
- For tough jobs, mix equal amounts of baking soda and liquid dish soap.
- Sprinkle baking soda on pulp part of a lemon half to scrub and remove stains on pots and pans.
- Mix 1/3 cup salt and 2 Tablespoons distilled white vinegar for a soft scrub.

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## windows

- Mix ¼ cup distilled white vinegar with 2 cups warm water. Apply to windows with a clean, damp cloth. Wipe windows with a crumpled newspaper.
- For dirty film or streaks on windows use distilled white vinegar full strength (do not add water). Apply to windows with a clean, damp cloth. Wipe windows dry with a crumpled newspaper.

## tub, tile, toilet

### Tub and tile

- Put distilled white vinegar or baking soda on a soft, clean cloth. Apply to tub and tile and rinse with warm water. Dry with a soft, clean cloth.

### Toilet

- Pour 1 cup distilled white vinegar into toilet bowl. Wait 5 minutes. Scrub with a toilet brush and flush.

## wood polish

- Mix 1 teaspoon olive oil into ½ cup distilled white vinegar. Apply to wood furniture with a clean, damp cloth. Dry with a clean, soft cloth.
- Mix 1 Tablespoon distilled white vinegar in 4 cups warm water. Apply with a clean damp cloth. Polish and dry with a soft cloth.

## There may be times when you may need a stronger bleach solution to disinfect:

- if a family member has a vomiting or diarrhea illness.
- when cleaning raw meat from kitchen areas.
- when cleaning stubborn mold and mildew.

If cleaning odors or scented products trigger your child's asthma, move the child to a safe area until the odor is gone.

For more information on greener store brands, go to:

- [www.asthmaandallergyfriendly.com](http://www.asthmaandallergyfriendly.com)
- [www.epa.gov/dfc](http://www.epa.gov/dfc)
- [www.greenseal.org](http://www.greenseal.org)

### Sources:

Information for these green cleaners from:

- [greenerchoices.org](http://greenerchoices.org)
- [healthychild.org](http://healthychild.org)
- [epa.gov](http://epa.gov)
- [heinzvinegar.com](http://heinzvinegar.com)
- [mortonsalt.com](http://mortonsalt.com)
- [armandhammer.com](http://armandhammer.com)

