

HOUSEHOLD HAZARDOUS WASTE

Student Work Sheet: Safer Cleaning for Your Home

What You Need



Lemon juice or white vinegar: Cuts grease and grime (dilute vinegar if you have asthma).



Hydrogen peroxide (3% solution): Works like a disinfectant and removes stains.



Liquid soap: Free of antibacterial (triclosan) or sodium lauryl sulfate (detergent). Castile soap is a good option.



Microfiber cloth: Damp microfiber removes dirt and germs.



Baking soda: Removes stains and grime, acts like scouring powder.



Scrub brush: Helps remove stains and grime.

Recipes

All-purpose cleaner: countertops, floors, appliances, walls and more.

- Liquid soap and warm water; lemon juice optional.
- Liquid soap, 1 tsp. baking soda, lemon juice and water.
- 1 part white vinegar and 1 part water.



Windows, glass and mirrors

- Wipe with a damp microfiber cloth.
- 1 part white vinegar or lemon juice and 1 part water.



Sink, tub and tile

- Creamy scrub: 2 cups baking soda, half cup liquid soap and some lemon juice.
- Mix liquid soap, baking soda and 2 capfuls of hydrogen peroxide (3% solution).
- Soapy water and a good scrub brush.



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Recipes (cont.)

Mold and Mildew Remover and Prevention

- Allow white vinegar to sit on moldy surface, then clean with hot soapy water. Dry thoroughly or mold will return.
- Mix liquid soap, baking soda, and 2 capfuls of hydrogen peroxide. Apply to surface for 30 minutes, then clean with soapy water. Dry thoroughly.
- Reduce moisture: If a surface is damp and ventilation is not sufficient, mold can grow. Mold spores circulate in the air from decaying vegetation and cannot be eliminated.



Toilet

- Sprinkle bowl with baking soda, then drizzle with vinegar, let soak for 30 minutes and clean with a scrub brush.
- Wipe toilet seat with hydrogen peroxide (3% solution).



Air Freshener

- Ventilate well, especially when cooking, bathing and cleaning. Use kitchen and bathroom fans.
- Stick cloves into an orange.
- Sprinkle baking soda in bottom of garbage cans.
- Simmer cinnamon sticks and orange peel or cloves in water.



Drain Cleaner and Opener

- Pour ½ cup baking soda down drain and follow with half cup vinegar. After 15 minutes, follow with 2 quarts boiling water.



Oven Cleaner

- Apply paste of 1/4 cup baking soda, 2 tbsp. salt, liquid soap (desired consistency), and hot water. Let sit 5 minutes, then clean with a scrub brush. Rinse residue off with a sponge.



Carpet, Rug, and Upholstery

- Mix 1 quart warm water, 1 tbsp mild liquid soap, 2 tbsp baking soda, and add a squeeze of lemon or a splash of vinegar. Apply a damp cloth or sponge and rub gently. Wipe with a clean cloth and allow to dry fully.



Laundry Detergent

- Use mild, biodegradable detergents. Look for naturally derived or glycerine-based soaps.
- Avoid dryer sheets, the strong, artificial fragrances contain synthetic chemicals such as phthalates.
- In a gallon jug, mix 7 cups of hot water, ½ cup baking soda, and 1/4 cup salt. Repeat this step with another 7 cups of hot water, ½ cup baking soda, and 1/4 cup salt. Then add 1 cup of liquid castile soap. Optional: add up to 30 drops of lavender or other essential oil.

