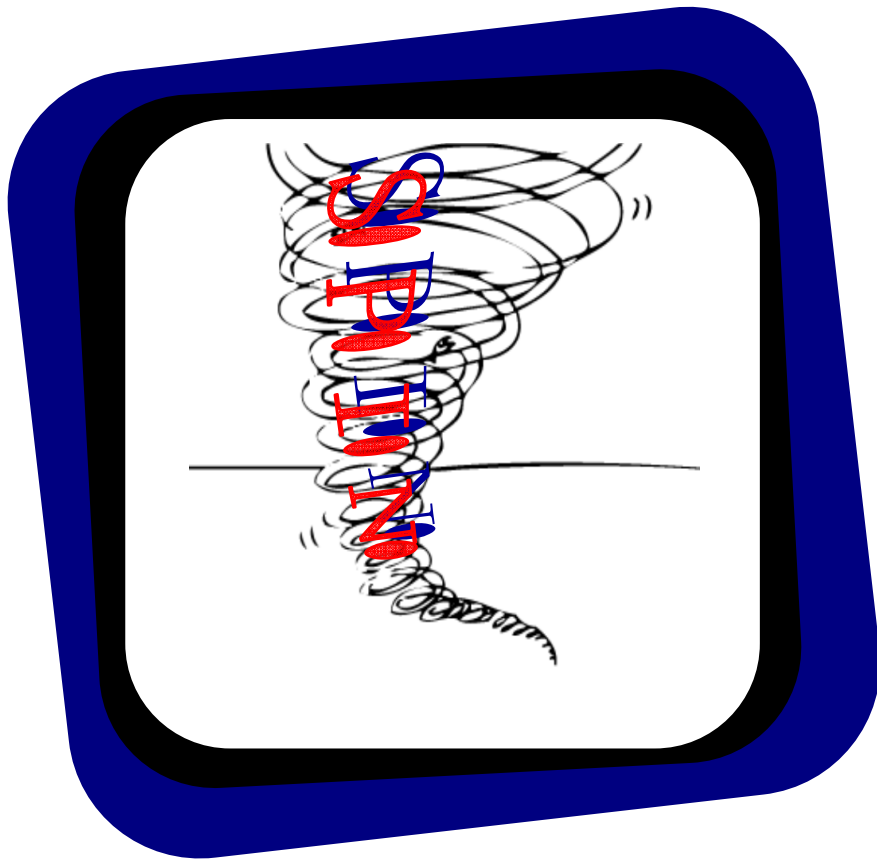


Home-made Cleaning Products For the family...



Safe Products In Neighborhoods (S.P.I.N.)

CLEAN YOUR KICKS (SNEAKERS), JEWELRY &
COSMETICS WITH SAFE HOME MADE PRODUCTS!

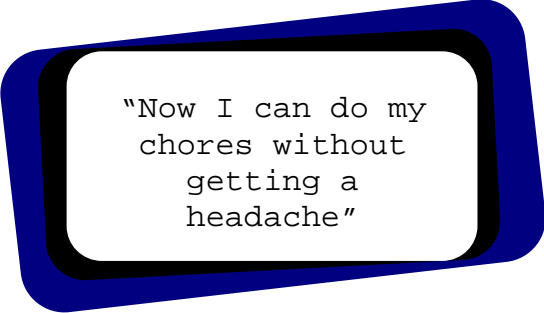
Created by: Worcester Youth Center Peer Leaders

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The Benefits of Using Safe Alternative Products

We may be buying hazardous products for our everyday use and not even know it. Hazardous products are products used that contain chemicals which are harmful to human, animal health, and/or the environment. There can be dangerous side-effects from exposure to harmful products, ranging from skin irritations, and headaches, to respiratory illnesses such as asthma. Hazardous products have been linked to increased rates of cancer and in extreme cases even death. This is why we thought it would be good to share the 411 with people through this recipe booklet. We hope that you will make your own safe alternative products to help lower the risk of these health effects.



"Now I can do my
chores without
getting a
headache"

The benefits include:

- Lower Health Risk!
- Cost less than name brands!
- It's fun to mix! Easy to do! And smells good too!
- Has a positive effect on our environment!

Reduce the Health Risks of Toxins



Use Products more safely:

Read Product Labels before making purchases, use product as directed, look for words such as **Hazardous, Poison, Danger, Warning, & Caution** which helps identify that the product contains toxic chemicals.

Reduce Exposure to toxins: Use Gloves when using potentially harmful products, try to do chores while children are not around, open windows to ventilate, dilute cleaning products with water.

Use Recipes made from Alternative Ingredients such as:

Baking Soda: Absorbs odors and cleans like a scouring powder.

White Vinegar (add water): Cleans window and glass

Lemons: Use to deodorize with their fresh scent

Salt: Gets stuck-on food off pots & pans. Just sprinkle, add cool water and let it sit a while before washing.

Borax*: Great for your laundry and your kicks!

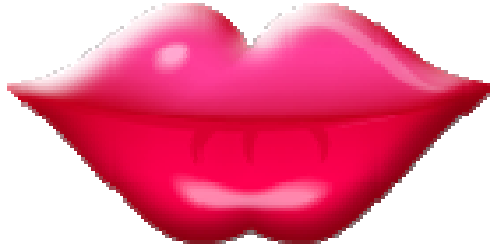


*Borax may be poisonous, please keep out of reach of children.

Lip Gloss and Facial Recipes

Red Lip Gloss

1/4 cup beeswax
1/4 cup castor oil
2 tablespoons sesame oil
beet juice



Melt beeswax, remove from heat and add oils; add as much beet juice as desired for color. Store lip gloss in a jar.

Chocolate Facial Mask

This decadent mask is actually an excellent moisturizer -- it leaves your skin baby soft. This is only recommended for normal skin. Mix all ingredients together and smooth onto face. Relax for 10 minutes, and then wash off with warm water.

1/3 cup cocoa
3 tablespoons heavy cream
2 teaspoons cottage cheese
1/4 cup honey
3 teaspoons oatmeal powder

For more cosmetic recipes visit:
www.SafeCosmetic.org

Bathroom Cleaning Recipes

to help finish your chores!

Recipe 1 – Take ¼ cup of vinegar and mix it with a gallon of water to use on surfaces that have films or need more cleaning.

Recipe 2 – Mix 2 tbsp baking soda in 1 quart water to clean plumbing fixtures. Wipe on then rinse.

Recipe 3 – Take 2 tbsp's vegetable oil soap and 2 tbsp's of borax and put it in a spray bottle with warm water. Mix and spray on evenly and leave for 20 minutes and scrub off.

Other Ideas

*Put a couple of denture cleaning tablets into the toilet bowl and let the solution sit for a few minutes.

*Wash your shower with diluted liquid soap and then sprinkle with baking soda and scrub with a nylon scrubbing pad. Rinse with vinegar and water solution.

What do you mean, "It's my turn to clean the bathroom"?

All purpose Cleaners

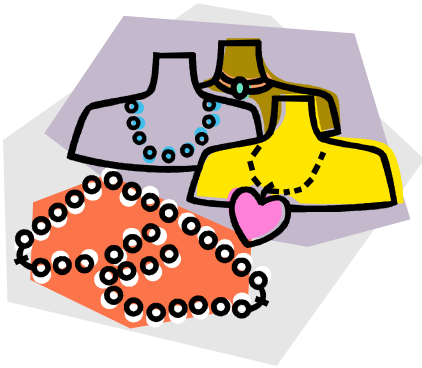
*Mix a small amount of liquid soap with water and put the mix in a spray bottle and clean with a wet sponge.

*Mix baking soda with water and apply with a wet sponge.

*For stains on counters (not granite), squeeze fresh lemon juice on stain, let sit for 4 -5 minutes, sprinkle with baking soda and rub with a wet sponge.

Metal & Jewelry Polish Recipes

- Use paste made of lemon juice and salt to clean copper and brass; rub on with a soft cloth, rinse and dry.



- To clean tarnished silver, line sink with sheet of aluminum foil, fill sink with hot water and 3 tablespoons of salt. Soak items for 2-3 minutes, rinse and dry.
- To clean silver jewelry, fill a jar half full with strips of aluminum foil and add 1 tablespoon of salt and cold water to fill. Drop small jewelry into jar and let soak for 5 minutes. Rinse and dry.

(Before using these recipes on valuable objects, test a small area first.)

***If you make homemade cleaning products, remember to label them and list your ingredients.**

To learn more, visit www.turi.org/community



Call to schedule a presentation with us:

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