



# GREEN AND CLEAN

GREEN CLEANING RECIPES

SAFER FOR YOU, CHEAPER TO BUY  
AND BETTER FOR THE PLANET!



Materials developed under a grant from the  
Toxics Use Reduction Institute, UMASS Lowell.





## TIPS FOR MAKING CLEANING PRODUCTS SUCCESSFULLY:

- Use white vinegar, 5% acidity.
- Use distilled water if possible.
- Never reuse any container that was originally filled with commercial cleaning products. Instead, reuse plastic water bottles.
- Always place a label on the bottle with the list of ingredients in the cleaning product.
- Remember that Vitamin E can be used as a preservative agent.
- Always choose the best quality ingredients to make sure the product will be effective.
- Use non-latex gloves

NOTE: If you'd like to scent your cleaning products, you can do this with essential oils (such as lemon or peppermint). However, because these are usually not available in a grocery store, you can use pure extracts which are found in the baking aisle. Because extracts are more dilute than essential oils, you will have to use more in the cleaning recipes. The rule is that you'll have to use about 4 times as much. For example, if the recipe says to use 20 drops of essential oil, you would need 80 drops of extract. 80 drops of liquid is approximately equal to 3/4 teaspoon.

Much of the information in this booklet is based on Vida Verde's booklet "How to make and use the cleaning products" which can be found on the Toxics Use Reduction's website:

[www.turi.org/Our\\_Work/Home\\_Community/Community\\_Grants/Library\\_of\\_Past\\_Projects/Home-Janitorial-Cleaning](http://www.turi.org/Our_Work/Home_Community/Community_Grants/Library_of_Past_Projects/Home-Janitorial-Cleaning)

## **ALL PURPOSE CLEANER**

### **ALL PURPOSE CLEANER - Recipe 1**

2 cups                Water  
2 tablespoons      Castile soap  
2 teaspoons        Vinegar  
1/2 teaspoon        Baking soda

Mix ingredients in spray bottle. Spray on surface. Wipe with a damp cloth. The damp cloth will remove the thin soap film.

This is excellent in the kitchen to wipe the counter and cabinets, as well as inside the microwave oven.

This recipe was tested by the TURI Lab and found to perform on the same level as Formula 409 All Purpose Cleaner. [www.turi.org/Our\\_Work/Green\\_Cleaning\\_Lab](http://www.turi.org/Our_Work/Green_Cleaning_Lab)

### **ALL PURPOSE CLEANER - Recipe 2**

2 tablespoons baking soda  
2 cups warm water

Dissolve baking soda in warm water and pour into spray bottle. Spray and wipe with a damp cloth.

This recipe was tested by the TURI Lab. It works on dirt, grease, fingerprints, soil, soap and waxes. You can use it on aluminum, brass, ceramics, chrome, copper, fiberglass, glass/quartz, plastic, and steel.

## GLASS CLEANER

### **GLASS CLEANER—Recipe 1**

1 cup water

1/2 cup vinegar

Optional: 10 drops of essential oil (or 1/2 teaspoon pure extract)

Mix in spray bottle. Spray on glass surface and wipe with a paper towel. This product is excellent at fighting odors, preventing mold and dissolving soap scum and mineral deposits from evaporated water. You can spray on the wall of bathtubs as well as shower curtains to prevent the build-up of soap scum. It works well to clean the stove. For a great finish, spray and use a kitchen sponge to wipe. Dry with a paper towel.



### **GLASS CLEANER—Recipe 2**

1 cup vinegar

1 cup water

Mix in spray bottle and spray on glass surface and wipe with a paper towel.

This recipe has been tested by the TURI lab. It is effective on dirt, films, fingerprints and soaps on both glass surfaces and chrome.

## VINEGAR

- Cuts grease, prevents mold and mildew, deodorizes and dissolves soap scum.
- Kills 99 percent of bacteria, 82 percent of mold, and 80 percent of germs (viruses). \*

**Vinegar is slightly acidic so do not mix with chlorine bleach.**

\*From: <http://www.care2.com/greenliving/vinegar-kills-bacteria-mold-germs.html#>

## **BATHROOM**

### **TOILET BOWL CLEANER– Recipe 1**

¼ cup baking soda

1 cup distilled white vinegar

Mix ¼ cup baking soda and 1 cup vinegar and pour the fizzy mix into the toilet bowl. Let it sit for a few minutes then scrub the bowl and flush to rinse.

This recipe both cleans and deodorizes.



### **Toilet Bowl Cleaner– Recipe 2**

2 cups distilled white vinegar

A few drops essential oil of your choice

Mix ingredients in spray bottle and spray the toilet bowl as needed. Use a toilet brush to swish mixture around the sides of the bowl.

### **MOLD**

Use white vinegar full strength. Apply with a sponge.

(Remember to test a small area first)

(1) [http://www.eartheasy.com/live\\_nontoxic\\_solutions.htm](http://www.eartheasy.com/live_nontoxic_solutions.htm) (see their list of ingredients and their disclaimer)

(2) Green Clean- The Environmentally Sound Guide to Cleaning Your Home, Linda Mason Hunter and Mikki Halpin; Melcher Media, 2005

## DRAINS AND OVENS

### CLOGGED DRAINS

**CAUTION: NEVER EVER use this recipe after you have used a commercial drain cleaner! It can react to produce dangerous fumes.**



½ cup baking soda  
5 tablespoons hot water  
1 cup distilled white vinegar

} Mix the baking soda and water together.

1. Add baking soda to an 8 oz container and then add 5 tablespoons of hot tap water. Stir well. (The mixture should be as thick as yogurt. If it is too thin, add a little more baking soda and if it's too thick, add a few more drops of water.)
2. **Pour the baking soda and water mixture down the drain.**
3. Add vinegar – it'll fizz. Let sit for 10 minutes. Flush drain with hot water. If still clogged, plunge and then repeat treatment.

### OVEN

#### OVEN CLEANING MADE SIMPLE

Baking soda

Water



1. After dinner when oven is cooled, sprinkle baking soda on the bottom of the oven. Spray with water until very moist. Keep spraying every few hours until you go to bed so that it keeps moist.
2. Make a thick paste of baking soda with water and coat sides of oven. Spray lightly with water to keep moist if it dries out.
3. Go to bed.
4. In the morning, wipe off the baking soda and water; the grime will come out too!
5. Also, if you spilled something in the oven, let the oven cool, then sprinkle **salt** on the spill right away. Let it cool for a few more minutes, then scrape the spill away and wash the area.

From: Green Clean- The Environmentally Sound Guide to Cleaning Your Home, Linda Mason Hunter and Mikki Halpin; Melcher Media, 2005

## **FURNITURE AND FLOORS**

### **DUST-AWAY**

Furniture and Floor Polish

2 cups	Water	
1/4 cup	Vinegar	
1 teaspoon	Light oil	(like olive oil)



Mix in spray bottle. Shake bottle before using. Spray on cloth or directly on furniture.

Dry immediately. If

desired, you can add 20 drops of essential oil to this recipe (or 3/4 teaspoon of pure extract).

The oil is the conditioner and the vinegar is the cleaning agent. Use to clean kitchen cabinets and furniture.

### **FABULOUS FLOOR CLEANER**

2 1/2 cups Water

1/2 cup vinegar

Mix in spray bottle. Spray the mix directly on the floor that you're going to clean and wipe with the mop or cloth. It works well on wooden floors, ceramic floors and also on linoleum-type floors.

This product is also recommended to clean surfaces after the use of another product that contains soap, such as the All Purpose Cleaner. It is excellent to fight mold and to eliminate bad odors, especially in the bathroom. For stains, use a small amount of baking soda and rub it. Use 20 drops of essential oil (or 3/4 teaspoon of pure extract) if desired.



## TIPS FOR BUYING GREEN CLEANERS

If you are not able to mix your own cleaners and want to purchase a “green cleaner” at your local grocery store, here are some tips for you!

**Remember: Just because a product says “green” or “natural” or “eco-friendly” doesn’t mean it is.....**

Shop for products that:

- ◆ List all ingredients
- ◆ Are biodegradable
- ◆ Are plant-based not petroleum-based  
(says “plant-derived cleaning agents” or “natural-based surfactants derived from coconut and vegetable oils”)
- ◆ pH neutral (not a strong acid (found in toilet bowl cleaners) or base (found in oven cleaners))
- ◆ Packaged in pump-spray bottles not aerosol cans  
(aerosols can trigger an asthma attack)
- ◆ Are third-party certified  
(DfE– Design for the Environment, Green Seal and EcoLogo are examples)
- ◆ Look for specific ecological labels like:  
“no phosphates”  
“no solvents”  
“plant-based”



Look for the label!



### **FOR MORE INFORMATION:**

#### **INFORM, INC**

**[www.informinc.org](http://www.informinc.org)**

- Click on **RESEARCH**,
- choose **CHEMICAL HAZARD PREVENTION**
- then choose **fact sheets** or **reports**

#### **TOXICS USE REDUCTION INSTITUTE:**

**[http://www.turi.org/Our\\_Work/Green\\_Cleaning\\_Lab](http://www.turi.org/Our_Work/Green_Cleaning_Lab)**

**U.S. Department of Health and Human Services– Household Products Database**

**<http://hpd.nlm.nih.gov/>**

