
The Healthy Homes Recipe Book was created by the
Town of Hudson Board of Health.



HEALTHY HOMES



The Healthy Homes Recipe Book is funded by the UMass
Lowell Toxics Use Reduction Institute.



RECIPE BOOK

OVEN CLEANER

Baking soda

Water

Directions:

Sprinkle baking soda on bottom of cool oven.
Spray with water until very moist. Wait two hours and spray again with water. Let sit overnight. Wipe oven clean in the morning.



WHY MAKE YOUR OWN CLEANING PRODUCTS?

- ✓ Keep your family safe and healthy
- ✓ Reduce asthma triggers
- ✓ Protect the planet
- ✓ Save money!



INGREDIENT LIST

Baking Soda

White Vinegar

Castile Soap

Water

Spray Bottle

TIPS FOR MAKING HEALTHY CLEANING PRODUCTS

- Use white vinegar, 5% acidity
- Use distilled water if possible
- Do not reuse containers that held commercial cleaning products
- Label your cleaning products
- Use non-latex gloves

ALL PURPOSE CLEANER

2 cups water

2 tablespoons castile soap

2 teaspoons vinegar

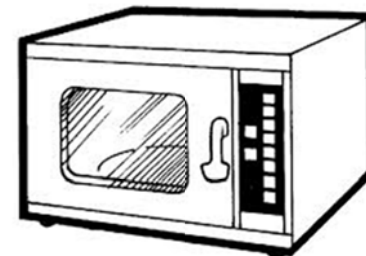
½ teaspoon baking soda

Directions:

Mix in a spray bottle. Spray on surface and wipe with a damp cloth.

Great for:

- ✓ Counters
- ✓ Cabinets
- ✓ Inside microwave oven



GLASS CLEANER

1 cup vinegar

1 cup water

Directions:

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

Great for:

- ✓ Removing fingerprints
- ✓ Removing soap scum
- ✓ Removing odors



TOILET BOWL CLEANER

¼ cup baking soda

1 cup white vinegar

Directions:

Mix together and pour into the toilet bowl. Let sit for 3 minutes. Scrub with a toilet brush and flush toilet to rinse.

Great for:

- ✓ Cleaning toilet bowl
- ✓ Deodorizing toilet bowl



FLOOR CLEANER

2 ½ cups water

½ cup vinegar

Directions:

Mix in a spray bottle. Spray directly on floor and wipe with a mop or cloth.

Great for:

- ✓ Wood floors
- ✓ Tile floors
- ✓ Linoleum floors
- ✓ Bathroom floors



FURNITURE POLISH

2 cups water

¼ cup vinegar

1 teaspoon light oil

Directions:

Mix in spray bottle. Shake bottle to mix ingredients. Spray on furniture, dry with cloth.

Great for:

- ✓ Wood tables
- ✓ Wood chairs
- ✓ Wood dressers

