



## LESS TOXIC ALTERNATIVES

*Many household products contain flammable, toxic, corrosive, reactive, or otherwise hazardous ingredients that require special care - especially when it comes to disposal. Please consider these less toxic alternatives when cleaning & deodorizing at home.*

### Household Hazardous Waste

Leftover household products like paints, cleaners, oils & pesticides often contain hazardous ingredients. Please see our Proper Disposal Guide before putting them in the trash.

### Less Toxic Alternatives

Most household cleaning can be done without harsh chemicals. Eco-friendly alternatives are available but can also be made from ingredients you may already have at home.

### The Building Blocks:

**Baking Soda** - A natural scouring powder & deodorizer that also softens water and increases the cleaning power of soap.

**Borax** - Containing many of the same attributes as Baking Soda (cleans, deodorizes, & softens water) it's also an excellent disinfectant.



**Soap** - Basically the salts of fatty acids, it can be sold in liquid, flake, powder or bar form. Castile soap is made from 100% plant oils. Soaps free of synthetic scents, colors, or other additives are also preferred.

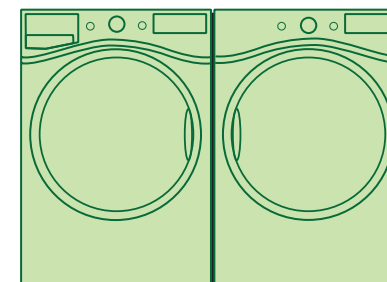
**Washing Soda** - also known as Sodium Carbonate, it softens water, disinfects, cuts grease & removes stains. Often found in the laundry section.

**White Vinegar** - Cuts grease & deodorizes

**Lemon Juice** - Cuts grease & deodorizes

### Recipes:

**Laundry Soap** - Add: 1/3 cup washing soda (sodium carbonate) & 1/2 cup borax during fill. Add clothes, then 1 1/2 cups soap. If water is hard & Castile soap was used, add 1/4 cup vinegar during rinse cycle ONLY as Castile & vinegar cancel each other out when combined.



**Pre-Soak** - Soak heavily soiled items in 1/2 cup washing soda & warm water for 30 min &/or rub soiled areas with liquid soap.

**Fabric Softener** - Add 1/2 cup vinegar or 1/4 cup baking soda to final rinse.

**Spray Starch** - Dissolve 2 Tbsp cornstarch & 1 pint water in spray bottle. Shake before using.

**Household Cleaner** - Mix: 1 tsp liquid soap, 1 tsp borax, & a squeeze of lemon in 1 qt warm water

**OR**

Mix: 1/4 cup baking soda, 1/2 cup borax, 1/2 cup vinegar, in 1 gal water

**Window Cleaner** - Mix: 2 tsp vinegar with 1 qt warm water

**OR**

Mix: 2 Tbsp borax with 3 cups water. Rub dry with newspaper to avoid streaking

**Disinfectant** - Mix: 1/4 cup borax with 1/2 gal hot water

**Oven Cleaner** - Mix: 1/2 cup baking soda, 4 tbsp salt, & enough hot water to form a paste. Let sit on surfaces 5 min before wiping clean

**OR**

Mix: 2 tbsp liquid soap, 2 tsp borax, 1 qt warm water in a spray bottle. Spray on surfaces, wait 20 min & scrub with very fine steel wool and baking soda.

**Drain Cleaner** - Pour: 1/2 cup borax into drain, followed by 2 cups boiling water

**OR**

Pour: 1/4 cup baking soda, followed by 1/2 cup vinegar. Cover & wait 15 min, then pour 2 qts boiling water

**Toilet Bowl Cleaner** - Pour: 1/4 cup baking soda into bowl with a drizzle of vinegar all around. Let sit for 1/2 hr, then scrub & flush. Add borax for stains.



**Basin, Tub & Tile Cleaner** - Mix: 1/2 cup baking soda & 2-3 tbsp liquid soap

**Garbage Disposal Freshener** - Pour in 1/2 cup baking soda, then grind with ice & lemon or orange peel

**Mildew Remover** - Mix: 1/2 cup vinegar, 1/2 cup borax & warm water in a spray bottle

**Carpet Cleaning Foam** - Mix: 1/4 cup vegetable oil-based liquid soap & 3+ tbsp water, then whip in bowl with egg beater. Rub into problem areas & rinse with water.

**OR**

Clean spills immediately with club soda.

**OR**

For red wine, rub a thick layer of salt on the spill & sponge up after it's absorbed.



**Floor Cleaner** - Mix: 1/2 cup white vinegar & 1 gal warm water. Polishing with skim milk will make the floor glow!

**Wood Furniture Polish** - Mix: 2 tsp lemon oil & 1 pint mineral oil in spray bottle. Spray & wipe clean

**OR**

Mix 2 parts olive oil & 1 part lemon juice. Rub in and let stand several hours, then polish with a soft, dry cloth.

**Painted Wood** - Mix 1 tsp washing soda in a gallon of hot water

**Silver Polish** - Mix: 1 tsp baking soda & 1 tsp salt in enough water to make a paste. Rub on, let dry & rinse off.

**OR**

Rub with toothpaste, let dry & rinse off.

**Brass & Copper Polish** - Mix: equal parts vinegar, fine table salt, & flour. Rub on, let dry & rinse off.

**Chrome Polish** - Wipe with apple cider vinegar & rinse with water, then dry. Shine with baby oil & a soft cloth.

**Garbage Cans & Litter Boxes** - Sprinkle with baking soda before adding bag or litter.

**Air Freshener** - Saturate a cotton ball with vanilla and place in a small open container

**OR**

Fill a vase with fresh cut flowers



**Bee Stings** - Apply a thick paste of baking soda & water or rub with an onion half to stop pain & swelling

**Chiggers** - Rub with a moist aspirin tablet

**Mosquito Bites** - Soak in salt water, then apply cold cream

**Other Insect Bites** - Rub area with apple cider vinegar or baking soda paste



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