



Green Tips for Around Your Home

Tips and recipes shared by members of our congregation at an Eden Committee Potluck.

Please add to this list by attending our next meeting and potluck or by emailing: edencommittee@yahoo.ca

1. A natural drain cleaner and deodorizer = baking soda & warm vinegar.
2. Deodorant = baking soda.
3. Use half of the laundry soap than recommended.
4. Use Ecover Laundry pucks so you don't have to use laundry soap at all.
5. Try reusable fabric sheets.
6. Wash your clothes in cold water.
7. Add Borax to your laundry to fight stains.
8. Borax in honey or sugar & water = ant poison.
9. Borax for disinfection, a little in toilet bowl.
9. Vinegar and water for cleaning glass and surfaces.
10. Heat half a lemon in a little water in microwave for 2 minutes. Then use the lemon to clean the microwave. The lemon cuts the grease and smells great!
11. Water conservation at your taps— save cold water that runs before it turns to warm water and you can use this to water plants, flush toilets etc.
- 12: Place bricks in toilet water reservoir to reduce the amount of water used per flush.
13. If you scrape your dishes well before hand washing and use a minimal amount of soap, you can reuse the dishwater to water your plants.
14. Choose energy efficient household items when replacing such as low-flush toilets and energy efficient hot water heaters.
15. Keep in mind storm drain. Don't pour anything down it!
16. Wash your car on the grass, so the water refreshes your lawn and wash with a biodegradable soap so it's non-toxic to your lawn.

Green Cleaning Recipes from *Green up your Cleanup* by Jill Potvin Schoff
(available at Gravenhurst Public Library)

Natural Products to Use at Home: Supplies you need to make your own Green Cleaning Supplies!

Liquid Soap

Use a non-toxic soap such as Dr. Bonner's Castile Soap or one from a reputable company such as Seventh Generation.

Borax (Sodium Borate)

This is a mineral with a higher pH than baking soda so it is even stronger at removing odour, softening water and dissolving dirt. It has antifungal and antibacterial properties so it can kill mold and mildew. **Borax is toxic if ingested so keep out of reach of children.** You can find it in the laundry detergent section of the grocery store.

Baking soda (Sodium bicarbonate)

Baking soda is a naturally occurring mineral which removes odour, softens water, dissolves dirt and grime, scrubs soap scum, unclogs drains, cleans ovens and more.

Washing Soda (Sodium carbonate)

This mineral is highest on the pH scale so it has the most cleaning power and is the most caustic. It is a good abrasive cleaner and can boost the power of laundry detergents. Avoid using it on fiberglass, aluminum, no-wax floors and delicate fabrics. Wear gloves when you use it. It can be found in the laundry detergent section of the grocery store.

White Distilled Vinegar

Is a mild acid that dissolves soap scum, cleans glass, disinfects surfaces and is a perfect natural fabric softener. Do not substitute apple cider vinegar, wine vinegar or balsamic vinegar as they may stain.

Lemon Juice

A mild acid with mild bleaching properties. It is a stain remover and whitener. Fresh squeezed lemon juice is best.

Oxygen Bleach

A green alternative to chlorine bleach because it is usually made from sodium percarbonate which is a combination of hydrogen peroxide and washing soda. It is helpful for whitening laundry, removing

stains from fabric and cleaning grout. For maximum cleaning power, look for a content of 75% sodium percarbonate. Avoid those that have added fragrance or dyes.

Club Soda

This contains sodium citrate which can be used to loosen dirt and soften water so that it dries without leaving water spots. It can be used to clean glass, appliances and to remove stains from fabrics. Avoid the "low sodium" kind as they contain less sodium citrate, which means that they aren't as effective.

Essential oils

Add a few drops of these to your homemade cleaning supplies for their enjoyable scents and for their disinfectant properties. Popular ones include: lavender, lemon, orange, peppermint and tea tree.

Note: if you have small children, consider not adding essential oils to your cleaning supplies. Because they smell nice, children may be inclined to taste them!

Acid vs Basic

Acidic (low pH) and Basic (high pH) cleaning ingredients are used for different messes. Look below for some general guidelines:

Acid Cleaners

Lemon juice
Olive oil
Club soda
Vinegar

Use on

Rust
Soap scum
Water spots

Basic Cleaners

Soap
Baking soda
Borax
Washing soda

Use on

Body oil
Food stains
General dirt and grime

Green Cleaning Recipes:

All Surface Spray

1 16 oz spray bottle
2 tsp borax
hot water
¼ tsp liquid castile soap

Put the borax in the spray bottle, fill the bottle with hot water, shake until the borax is dissolved and then add the soap. Spray on surfaces, let sit a minute and then wipe off with a sponge. *GUYCU*

All Purpose Liquid Cleaner

1 gallon hot water
1 tbsp baking soda
2 tbsp liquid soap or detergent

Fill a bucket with hot water and then add baking soda and soap (this prevents the soap from foaming too much). Add 1 tbsp of washing soda if you've got heavy grease to remove or 1 tbsp borax if you want to disinfect or kill mildew. *GUYCU*

Glass Cleaner

1 spray bottle
1 cup distilled white vinegar
1 cup water
½ tsp liquid dish soap (optional)
3-8 drops essential oil (optional)

Place all ingredients in spray bottle. Soap is added to remove waxy buildup left by conventional cleaners. Once you've used your natural glass cleaner several times, you will not need to add soap. Essential oils can be added if you don't like the smell of vinegar. *GUYCU*

Dishwater Powder

¼ cup citric acid
1 ½ cups borax
15 drops essential oil (optional)

Mix all ingredients in a container and mix well. Use about 1 tbsp per load (unless you have hard water – then add a bit more). You may need to pre-rinse your dishes if they have baked-on food on them. *GUYCU*

Laundry Soap

1/8 cup liquid soap or detergent
1 tbsp washing soda
¼ cup vinegar

Add the soap and washing soda to the machine as it fills with water. Add the vinegar to the rinse cycle (not the wash cycle). By using vinegar, you do not need to add fabric softener. For really dirty clothes or to whiten whites, add oxygen bleach.

GUYCU

Mildew and Germ Killer

1 16 oz spray bottle
2 cups of water
¼ tsp (25 drops) of tea tree oil
¼ tsp (25 drops) of lavender oil

Although this cannot be classified as a disinfectant, the essential oils have antimicrobial, antifungal and antiviral properties.

Shake gently before each use. Spray on surfaces and leave to dry – do not wipe. *GUYCU*

Baking Soda Scrub

2 tbsp baking soda
liquid dish soap or castile soap

Put baking soda in a wide-mouthed container and mix in a little soap until you have a nice paste. Work onto surface you wish to clean with a rag, sponge or brush. Let sit for 1-15 minutes (longer for heavy duty jobs). Spray with vinegar to rinse. If you're working on a surface that is sensitive to acids (ie – tile), then rinse off the vinegar immediately.

This is effective for cleaning grout, stovetops, sinks and just about anything else. *GUYCU*

All Purpose Cleaner

2 cups white distilled vinegar
2 cups water
20-30 drops essential oil

For tough jobs, microwave in a glass container until barely hot. *TS*

Creamy Soft Scrub

2 cups baking soda
½ cup liquid castile soap
4 tsp vegetable glycerine (preservative)
5 drops essential oil *TS*

Furniture Polish

¼ cup olive oil
¼ cup white distilled vinegar
20-30 drops of lemon essential oil

Shake well before using. *TS*

Toilet Bowl Cleaner

Baking soda
Liquid Castile soap

Sprinkle baking soda and a few drops of soap in bowl. Scrub with toilet brush. Finish outside surface with damp cloth sprinkled with baking soda. *TS*

GUYCU – Green Up Your Clean Up by Jill Potvin Schoff, Creative Homeowner, Upper Saddle River NJ, 2008.

TS – Toronto Star article, L3, January 10, 2009.