Try these easy DIY recipes:

- **All Purpose Cleaner**
  Use on hard surfaces like countertops, kitchen floors, windows, and mirrors.
  - 2 cups white vinegar
  - 2 cups water
  - 20-30 drops of Essential Oil (optional)
  **Tip:** Warm in the microwave using a glass container until barely hot to boost cleaning power for tougher jobs.

- **Tub & Tile Cleaner**
  - 3/4 cup baking soda
  - 1/2 cup white vinegar
  - 1/4 cup lemon juice
  - 3 tbsp. liquid castile soap
  - 3 tbsp. salt
  - 10 drops essential oil (optional)
  Mix together ingredients in a large bowl and pour into a container. Mixture may be too thick to put in a spray bottle.

- **Window Cleaner**
  - 1/4 cup rubbing alcohol
  - 1/4 cup white vinegar
  - 2 tbsp. corn starch
  - 2 cups warm water
  Make sure to shake well before using to disperse the corn starch throughout the mixture, as it may settle to the bottom of the bottle.

- **Drain Opener**
  - 1/2 cup baking soda
  - 1/2 cup vinegar
  Pour baking soda down the drain then follow with the vinegar. Cover and let sit for at least 30 minutes. Flush with boiling water.

- **Creamy Soft Scrub**
  Use for areas that may need scrubbing like the kitchen counter, stove, bathroom sink, etc.
  - 2 cups baking soda
  - 1/2 cup liquid castile soap
  - 4 tsp. vegetable glycerin (acts as a preservative)
  - 5 drops of essential oil (lavender, tea tree, or rosemary; acts as antibacterial agent)
  Mix and store in a sealed jar. This scrub has a shelf life of about 2 years.
  **Tip:** To increase effectiveness, spray vinegar first and let set in. Then continue with soft scrub.

- **Furniture Polish**
  - 1/4 cup olive oil
  - 1/4 cup white vinegar
  - 20-30 drops lemon essential oil or lemon juice (optional)
  Shake well before using. Dip a clean, dry cloth into the polish and rub wood in the direction of the grain. Use soft brush to work the polish into corners or tight places.
  **Tip:** For water spots, rub well with non-gel toothpaste and wipe away with soft cloth. To remove scratches, rub with one part olive oil and one part lemon juice then rub with a soft cloth.

- **Laundry Detergent**
  - 3 cups washing soda
  - 2.5 ounces of soap flakes
  Soap flakes can be created by grating favorite soap against cheese grater. Blend ingredients together in a food processor and store in a glass container. For every load, use 2 tablespoons (3 tbsp. for heavily soiled loads). Suitable for HE and non-HE machines.

---

**FACT:** Household cleaning products do not have to list ingredients on the bottle!

For More Information, contact us at Phone: 412-404-2872

Safer Solutions for Removing Persistent Stains/Spots

**Purpose**

**Grease remover**
Mix equal parts of castile soap, baking soda, and hydrogen peroxide together. Scrub stain with toothbrush then wash.

**Mildew remover**
Scrub with equal parts vinegar and salt then rinse with water.

**Wine stain remover**
Blot stain then apply salt generously and let sit for 5 minutes before rinsing clothing or vacuuming carpet.

**Spot remover**
Dab stain with club soda, lemon juice, or salt.

**Perspiration spot remover**
Make paste of baking soda and water. Scrub into stain and let sit for 30 minutes before washing in cold water.

**Copper cleaner**
Create paste of lemon juice and salt. Rub into copper and let sit for 30 minutes before rinsing.

**Rug/carpet cleaner**
Pour club soda on stain. Leave for 2 minutes before blotting with cloth.

---

**Top 12 Cleaning Ingredients to Avoid**

1. Ammonia
2. Ammonium Quaternary Compound (Quats)-Benzy1 Chloride
3. Bleach
4. Chlorine
5. Ethanolamines (Mono, DEA, TEA)
6. Formaldehyde (also look for quaternary-15 or quaternium-15)
7. Fragrance
8. Glycol Ethers (including 2-butoxyethanol, butyl cellosolve)
9. Nonylphenol (NPEs) and Alkylphenol ethoxylates (APEs)
10. Phthalates (often hidden in fragrance)
11. Sodium Hydroxide
12. Triclosan and Triclocarban

**Household Cleaners**

**Did you know?**

- Fumes from some cleaning products may induce asthma in otherwise healthy individuals. **NEVER** mix bleach & ammonia together!
- Seek products that are **fragrance-free**. The ingredient “Fragrance” can contain any combination of over 3,000 different chemicals. Look for disinfectants that contain hydrogen peroxide, rather than bleach.
- If you use bleach, make certain that you use a **diluted portion** and never mix with other chemicals. The diluted mixture is one tablespoon of chlorine bleach to one gallon of water. In order to disinfect, the mixture must remain on the surface for at least two minutes before wiping.

---

**Houseplants are one of the best ways to improve indoor air quality, so if you’re missing the fragrance of some of your old, toxic household cleaners, invest in a few air-filtering plants!**

**Certain common indoor plants** (peace lilies, gerber daisies, and spider plants, to name a few) **are known to eliminate significant amounts of indoor pollutants**, such as benzene, formaldehyde, and trichloroethylene.

---

www.WomenForAHealthyEnvironment.org