



WOMEN
for a Healthy
ENVIRONMENT

**DO-IT-YOURSELF
DISINFECTANTS FOR
YOUR HOME**



Do-It-Yourself Recipes for a Healthier Home

Try these easy DIY recipes:

- All Purpose Cleaner
- Window Cleaner
- Creamy Soft Scrub
- Tub & Tile Cleaner
- Drain Opener
- Furniture Polish
- Laundry Detergent



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

Shopping Checklist for Green Cleaning Essentials

⇒ Baking soda	⇒ Lemon juice
⇒ Washing soda	⇒ Essential oils
⇒ White vinegar	⇒ Club soda
⇒ Salt	⇒ Spray bottles
⇒ Soap (bar and liquid castile)	⇒ Glass containers



Safer Solutions for Removing Persistent Stains/Spots

Purpose

Safer Solution

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

Top 12 Cleaning Ingredients to Avoid

1. Ammonia
2. Ammonium Quaternary Compound (Quats)-Benzyl 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 table-spoon 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.

