






DIY Recipes For a Healthier Home

All Purpose Cleaner	Tub & Tile Cleaner	Laundry Detergent	Drain Opener
<p>Use on hard surfaces like countertops, kitchen floors, windows, and mirrors.</p> <ul style="list-style-type: none"> • 2 cups white vinegar • 2 cups water • 20-30 drops of Essential Oil (optional) <p>Tip: Warm in the microwave using a glass container until barely hot to boost cleaning power for tougher jobs.</p>	<ul style="list-style-type: none"> • 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 <p>Mix together ingredients in a large bowl and pour into a container. Mixture may be too thick to put in a spray bottle.</p>	<ul style="list-style-type: none"> • 3 cups washing soda • 2.5 ounces of soap flakes <p>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.</p> <p>For every load, use 2 tablespoons (3 tbsp. for heavily soiled loads). Suitable for HE and non-HE machines.</p>	<p>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</p> 

Creamy Soft Scrub	Disinfectant	Window Cleaner	Oven Cleaner
<p>Use on hard surfaces like countertops, kitchen floors, windows, and mirrors.</p> <ul style="list-style-type: none"> • 2 cups baking soda • 2 cups water • 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 an anti-bacterial agent). 	<ul style="list-style-type: none"> • bottle of hydrogen peroxide <p>Spray solution onto desired surface. Wipe clean.</p> <p>Hydrogen peroxide must remain in dark area. Only use on non-porous surfaces. Keep away from clothes as it can lighten them.</p>	<ul style="list-style-type: none"> • 1/4 cup rubbing alcohol • 1/4 cup white vinegar • 2 cups warm water <p>Put in spray bottle and use.</p> 	<ul style="list-style-type: none"> • 2 tbsp liquid soap • 2 tsp borax • warm water 

Shopping List

Baking soda	Lemon juice or essential oils
Borax	Bar soap or liquid castile soap
White vinegar	Spray bottles
Salt	Glass containers



Safer Solutions for Removing Persistent Stains/Spots

What you need to know about household cleaners

Fumes from some cleaning products may induce asthma in otherwise healthy individuals. **NEVER mix ANY cleaning products 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 tbsp. 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.

Never mix bleach & vinegar together!
Never mix bleach & ammonia together!



Top 12 Cleaning Ingredients to Avoid

Ammonia

Ammonium Quaternary Compound (Quats)-Benzyl Chloride

Bleach

Chlorine

Ethanolamines (Mono, DEA, TEA)

Formaldehyde (also look for quaternary-15 or quaternium-15)

Fragrance

Glycol Ethers (including 2-butoxyethanol, butyl cellosolve)

Nonylphenol (NPEs) and Alkylphenol ethoxylates (APEs)

Phthalates (often hidden in fragrance)

Sodium Hydroxide

Triclosan and Triclocarban

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.
Stain 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.
Pet odor remover	Cider vinegar

Contact Us

412-404-2872
7371 Thomas Blvd.
Pittsburgh, PA 15208
WomenforaHealthyEnvironment.org

