



GREEN CLEANING

WHAT IS GREEN CLEANING?

Green cleaning is the use of cleaning products that have less of an impact on human health and the environment, often because they don't have toxic ingredients.

WHY SHOULD I USE GREEN CLEANING PRODUCTS ?

Many chemicals in mainstream cleaners can be irritants. They can trigger allergy and asthma attacks and make it harder for us to breathe.

WHERE CAN I FIND LESS-TOXIC CLEANING PRODUCTS ?

Look for Green Seal certified products, or Safer Choice products, and products vetted by the Environmental Protection Agency. Lastly, you can always substitute non-toxic replacements for your mainstream cleaners.



Green Cleaning Recipes

Ingredients in these green cleaning recipes are easy on the lungs, do not pollute the air and do not contaminate the environment.



General all-purpose cleaner: Mix equal parts vinegar and water in a spray bottle.



Laundry detergent: Mix 1 cup soap flakes, ½ cup washing soda and ½ cup baking soda. Use 1 tbsp. per load.



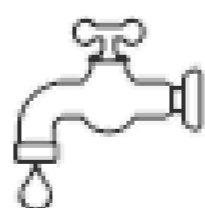
Wall cleaner: Spray walls with a mixture of half vinegar and half water. Dry walls immediately.



Deodorizer: When the weather allows, open the windows. Another option is to set out an open box of baking soda wherever you need air fresheners.



Surface cleaner: Mix 2 cups of baking soda, ½ cup of liquid castile soap and 4 tsp. of vegetable glycerin.



Drain cleaner: Pour ½ cup baking soda down the drain and follow it with 1 cup of vinegar. Wait 10 minutes then pour water to clear out residue.

