

How to Make Nontoxic Cleaners



Pennsylvania
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A Pennsylvania where nothing is wasted



Green Clean

When it comes to home cleaning, most commercially available cleaners are overkill—literally! Many contain harsh chemicals that not only affect the surfaces we clean, but also pose health risks to us and our environment.

Homemade, nontoxic cleaners offer gentle and effective alternatives that get the job done while promoting a healthier ecosystem, both inside the home and out. Limiting our use of harsh chemicals also contributes to cleaner waterways, less plastic waste, and a healthier ecosystem for all living beings.

Join us in creating a healthier living environment and contributing to a more sustainable future!



All home cleaning products, regardless of ingredients, should still be treated with caution. Store in a sealed container away from children and pets. Do not ingest.

Poison Control Center: 800-222-1222

Can the recipes in this zine replace all my chemical cleaners?

We hope that these recipes will replace many (or most!) of your go-to cleaners. At the same time, there are still moments when it's necessary to bust out the heavy hitters. If a stomach bug is tearing its way through your home, it's a good time to set down the vinegar and turn to a bleach solution for that disinfecting. Remember to always follow safety instructions!

The Ingredients

You might even spot the chemicals that make up these common household products in cleaners you already have at home!

Baking soda

(sodium bicarbonate)

This deodorizer and mild abrasive helps dissolve grease.

Distilled vinegar & lemon

(acetic acid & citric acid)

These mild acids break down chalky buildup, dirt, and oils and have some antimicrobial properties. And lemon smells great!

Liquid castile soap

(potassium hydroxide)

Castile soap now means any soap made from plant fats, like olive oil, instead of animal fats, like lard.

Soaps bind to dirt and oils so they can be washed away. Choose unscented soap or your favorite natural fragrance.

Washing soda

(sodium carbonate)

Also called soda ash, this ubiquitous natural base breaks down grease and soap scum thanks to its high pH.

Water

Good old H₂O helps dissolve and wash away dirt and grime. Hot water dissolves more dirt in less time than cold water.

Why no borax?

(sodium tetrachloride)

Borax has been a popular cleaning agent for centuries, but the health hazards it presents to humans and aquatic life don't make it a very friendly alternative to most commercial products.

What makes these chemicals better?



epa.gov/saferchoice

All the ingredients in this booklet have achieved the highest rating of the EPA's Safer Choice program, which reviews chemical ingredients and their impact on human and environmental health. All commercial cleaning products with the Safer Choice label have undergone voluntary testing by the EPA to confirm that every ingredient meets the standard.

[Learn more at epa.gov/saferchoice](http://epa.gov/saferchoice)

Daily All-Purpose Cleaner

- 1 quart hot water
- 2 tsp baking soda
- 1 tsp liquid castile soap

Mix ingredients thoroughly and use to clean surfaces like countertops, floors, walls, carpets, and upholstery. Extra may be stored in a spray bottle for future use but will be less effective once cooled. For stubborn stains, let cleaner set for 15min or more.

Do not use on natural stone or hardwood, as baking soda can wear away the sealant over time. Like with any surface cleaner, test in a small, inconspicuous spot to avoid any staining or discoloration.

Nontoxic

Glass Cleaner

- 1/2 cup water
- 1/2 cup distilled vinegar
- OR** 1/4 cup lemon juice

Combine ingredients in a spray bottle. Spray onto windows and mirrors. Buff with a dry cloth.



Heavy Duty All-Purpose Cleaner

1 quart hot water

2 tbsp washing soda

Mix ingredients thoroughly in a spray bottle and use to tackle soap scum and greasy residue on countertops, sinks, ovens and stoves, showers and tubs, and toilet bowls. For especially persistent spots, let cleaner set for up to 30 min, or sprinkle washing soda directly onto a damp sponge and scour.



Consider wearing gloves when cleaning with washing soda, as the high pH can irritate sensitive skin with prolonged contact.

Drain Cleaner

2 quarts boiling water

1/4 cup baking soda

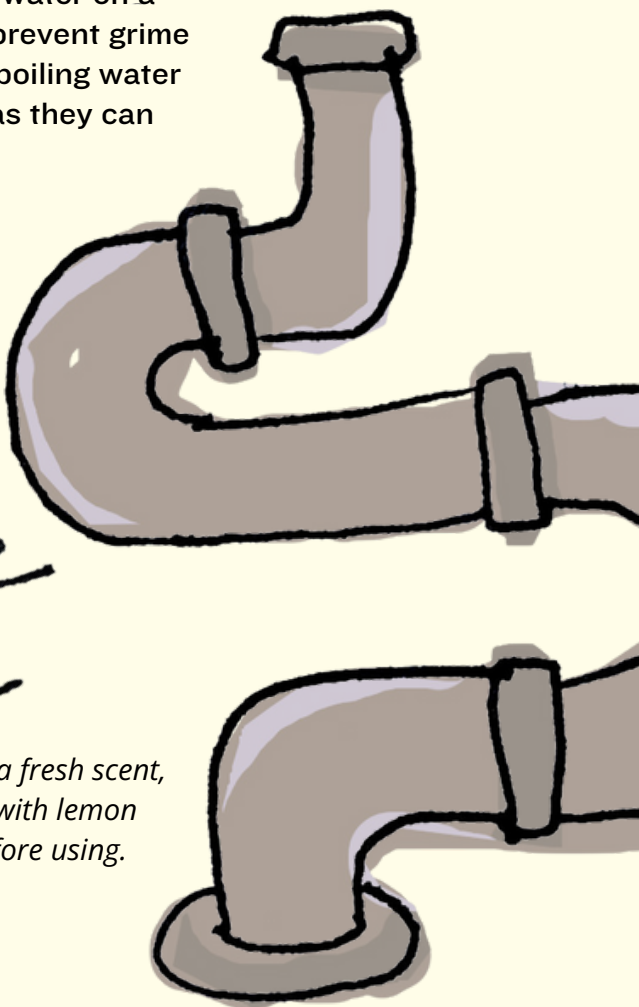
1/2 cup vinegar

Pour boiling water down the drain to soften grease and oils. Add baking soda to drain, then follow with vinegar. Cover the drain and let set for 15 minutes. Rinse with hot water.

Flush drains with hot water on a weekly basis to help prevent grime buildup. Do not pour boiling water into porcelain sinks, as they can crack.

*Unplug
me*

*For a cleaning boost and a fresh scent,
infuse distilled vinegar with lemon
peels for 1-3 weeks before using.*



Air Freshener

1 cup water

1 tsp baking soda

2-5 drops essential oil (optional
for fragrance)

Combine ingredients in a spray bottle and spritz around the home and on fabric to deodorize. Shake bottle before each use.





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prc.org/hhw-guide

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