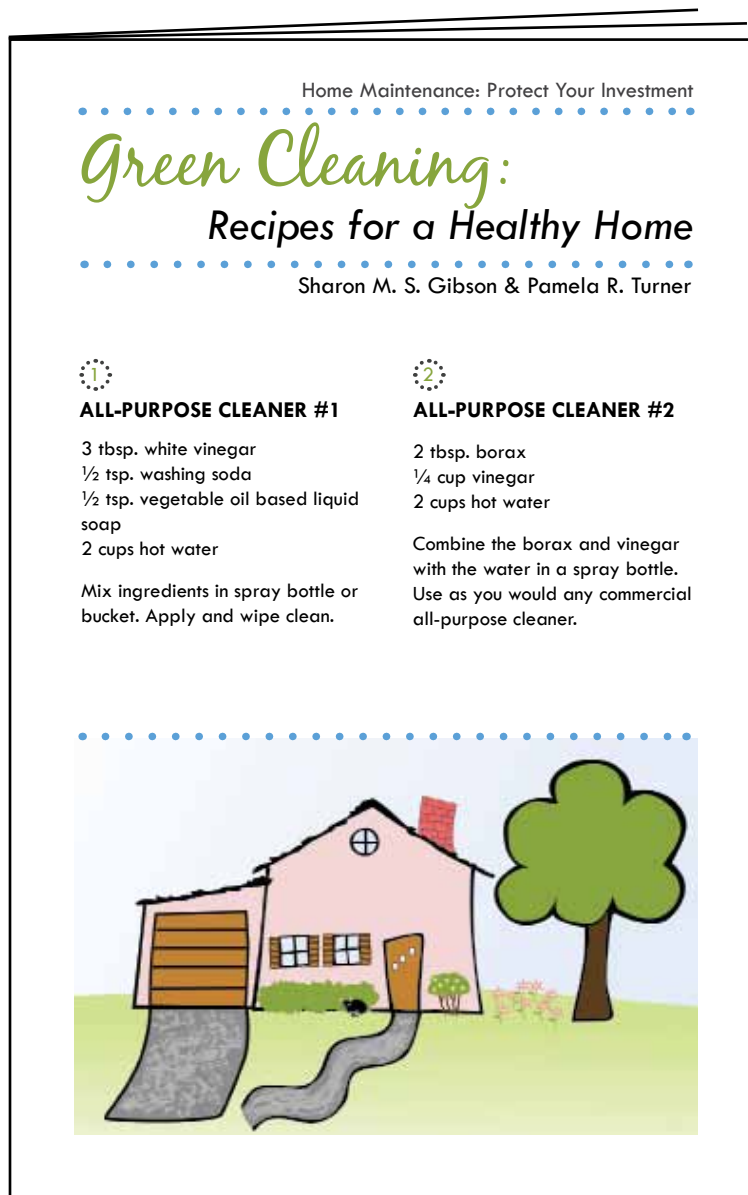


# How to prepare the “Green Cleaning – Recipes for a Healthy Home” booklet:

- The following pages, “Green Cleaning – Recipes for a Healthy Home,” can be printed in a booklet form.
- Print the pages so they are double-sided, front and back.
- Make sure that they your printer settings align the pages so they are aligned correctly when folded. You may have to adjust your printing settings.
- Stack the pages on top of one another, and then fold the pages in half to form the booklet.

**Keep your recipes with your green cleaning supplies.**



**WHERE TO FIND INGREDIENTS:**

**washing soda** (sodium carbonate)

- available in the laundry aisle of the grocery store

**borax** (sodium borate)

- available in the laundry aisle of the grocery store

**vegetable oil based liquid soap** (common name: castile soap)

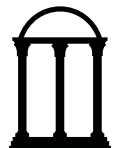
- available in health food and natural food stores

**essential oils**

- available in health food and natural food stores

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THE UNIVERSITY OF GEORGIA  
**COOPERATIVE EXTENSION**  
 Colleges of Agricultural and Environmental Sciences & Family and Consumer Sciences

Home Maintenance: Protect Your Investment

# Green Cleaning:

## Recipes for a Healthy Home

Sharon M. S. Gibson & Pamela R. Turner

1

**ALL-PURPOSE CLEANER #1**

- 3 tbsp. white vinegar
- 1/2 tsp. washing soda
- 1/2 tsp. vegetable oil based liquid soap
- 2 cups hot water

Mix ingredients in spray bottle or bucket. Apply and wipe clean.

2

**ALL-PURPOSE CLEANER #2**

- 2 tbsp. borax
- 1/4 cup vinegar
- 2 cups hot water

Combine the borax and vinegar with the water in a spray bottle. Use as you would any commercial all-purpose cleaner.



**FLOOR CLEANER**

*For greasy, no-wax floors:*

- 1 cup white vinegar
- ¼ cup washing soda
- 1 tablespoon vegetable oil-based liquid soap
- 2 gallons hot water

Combine all ingredients, stirring well to dissolve the washing soda. Mop as usual.

**MIRROR & WINDOW POLISH**

*For sparkling glass.*

- cornstarch
- water

Mix together cornstarch and water to make a paste. Use a soft cloth to apply the paste to the mirror. Rub gently then wipe clean with a soft cloth.

**WOOD CLEANER**

- 2 tbsp. olive oil
- 2 tbsp. white vinegar
- ¼ cup lemon juice

Mix ingredients. Using a soft cloth, rub into the wood, in the direction of the grain.

**GARBAGE CAN DEODORIZER**

- 1 cup baking soda
- 1 tsp. tea tree oil

Mix together in a small bowl, working out all the lumps with a fork. Sprinkle the mixture in the bottom of the trash can after the liner is removed. Periodically rinse container with white vinegar and dry in the sun.

**LAMINATE FLOOR CLEANER**

*For engineered wood and no-wax floors.*

- ½ cup white vinegar
- 1 gallon warm water

Mix ingredients. Avoid overwetting the floor by using a spray bottle to apply the mixture to the floor. Mop as usual (microfiber mops work best).

**COPPER & BRASS CLEANER**

*Not for use on lacquered finishes.*

- lemon juice
- salt, non-iodized
- cornstarch

Mix equal parts of salt and cornstarch with lemon juice to make a paste. Apply to surface with a soft rag. Rub gently. Rinse with warm water and mild dish soap. Dry with a soft cloth.

**TOILET BOWL CLEANER**

1 cup borax  
 ½ cup white vinegar

Flush to wet the sides of the bowl. Sprinkle the borax around the toilet bowl, then spray with vinegar. Leave for several hours or overnight before scrubbing with a toilet brush.

**TUB & TILE CLEANER**

white vinegar  
 baking soda or non-iodized salt

To remove film buildup on bathtubs, apply vinegar full-strength to a sponge and wipe. Next, use baking soda or salt as you would scouring powder. Rub with a damp sponge and rinse thoroughly with clean water.

**NO-STREAK GLASS CLEANER**

¼ cup white vinegar  
 1 tbsp. cornstarch  
 1 quart warm water

Mix the ingredients and apply with a sponge or pour into spray bottle and spray on. For lint-free results, wipe dry with crumpled newspaper, buff to a shine.

**FURNITURE POLISH**

1 lemon  
 1 teaspoon olive oil (least expensive)  
 1 teaspoon water

*This polish should to be made fresh each time you use it.* Extract the juice from the lemon. Mix with oil and water. Apply a thin coat on your wood surface and let sit for 5 minutes. Use a soft cloth to buff to a deep shine.

**DRAIN CLEANER**

*For slow drains, use this drain cleaner once a week to keep drains fresh and clog-free.*

½ cup baking soda  
 1 cup white vinegar  
 1 gallon boiling water

Pour baking soda down drain/disposal, followed by vinegar. Allow the mixture to foam for several minutes before flushing the drain with boiling water.

**GARBAGE DISPOSAL CLEANER**

1 cup ice  
 used lemon or orange rind

To eliminate garbage disposal odors and clean and sharpen blades, grind ice and rinds until pulverized.

9

### OVEN CLEANER

2 tbsp. vegetable oil based liquid soap  
2 tbsp. borax

Mix the soap and borax in a spray bottle. Fill the bottle with hot water and shake well. Spray on oven and leave for 20 minutes. Scrub off.

12

### FRAGRANT KITCHEN CLEANSER

2 tbsp. white vinegar  
2 pints water  
4 drops essential oil (lavender, tea tree oil, lemon, lemongrass, or rosemary)

Combine ingredients in spray bottle and use as a final rinse after cleaning kitchen surfaces. Store in a cool, dark place.

10

### REFRIGERATOR CLEANER

2 tbsp. baking soda  
1 quart warm water

Dissolve baking soda in water. Use to wipe all surfaces inside and out. For stubborn spots, rub with baking soda paste. Be sure to rinse with a clean, wet cloth.

13

### PLUMBING FIXTURE CLEANER #1

*Use to clean stainless steel, chrome, fiberglass, ceramic, porcelain or enamel fixtures.*

2 tbsp. baking soda  
1 quart water

Dissolve the baking soda in the water. Wipe on fixtures then rinse.

11

### NON-ABRASIVE SOFT SCRUBBER

¼ cup borax  
vegetable oil based liquid soap  
½ tsp. lemon essential oil

In a bowl, mix the borax with enough soap to form a creamy paste. Add lemon oil and blend well. Scoop a small amount of the mixture onto a sponge, wash the surface, then rinse well.

14

### PLUMBING FIXTURE CLEANER #2

*Hard lime deposits around faucets can be softened for easy removal by covering the deposits with vinegar-soaked paper towels.*

white vinegar  
paper towels

Soak paper towels in vinegar and leave them on surface. Wipe clean after about an hour.