

GREEN CLEANING RECIPES

Green Cleaning is using cleaning products that don't endanger you, children or the environment. This is especially important for people who have asthma. Commercial cleaning products often contain irritants that can trigger an asthma episode. The Green Cleaning products recommended here are effective, inexpensive, safe for you and the environment.

Ingredients include: Baking soda; white vinegar; scouring pad; cotton washcloth or sponge and 16 oz. spray bottle.

FLOOR CLEANER: White vinegar & water

Mop with a mixture of 1/2 cup vinegar in a bucket of warm water. The vinegar odor will go away shortly after the floor dries.

OVEN CLEANER: Baking soda & water

Mix 1 cup of baking soda with enough water to make a paste. Apply to oven surfaces and let stand for about 15 minutes. Use a scouring pad for scrubbing most surfaces. A spatula or a bread knife is effective to get under large food deposits. This recipe will require more scrubbing effort, but it is not toxic to you or your child. Commercial oven cleaners can cause severe irritation or respiratory conditions. Do not use this cleaner recipe on self-cleaning ovens.

DRAIN CLEANER: Baking soda, white vinegar & boiling water

This recipe will free minor clogs and helps to prevent future clogs. Pour 1/2 cup of baking soda down the drain first, then 1/2 cup vinegar. Let it fizz for a few minutes. Then pour down a teakettle full of boiling water. Repeat, if needed. If the clog is stubborn, use a plunger. If very stubborn, use a mechanical snake.

WINDOW & MIRROR CLEANER: White vinegar, water & newspaper, crumpled

Fill spray bottle with 1/4 cup of white vinegar, then fill to the top with water. Shake bottle to combine. Spray on the surface. Rub with a lint-free rag or a torn and wadded up newspaper page.

TOILET CLEANER/DEODORIZOR: Baking soda & vinegar

Sprinkle toilet bowl with 1/4 cup baking soda. Drizzle with 1/4 cup of vinegar, then scour with a toilet brush.

SOFT SCRUB: Baking soda & water

Add enough water to make a paste. Apply with a sponge to clean; rinse well. Use and discard

