



Clean, shine,
polish, and unclog
the safe and
healthy way.

Healthy housekeeping: use less hazardous cleaners

Read the label before you buy. Buy and use the least hazardous product that does the job. Avoid products labeled DANGER or POISON.

Never mix household cleaners. Do not mix bleach with other cleaners or soaps, especially ammonia products. These mixtures create hazardous gases.

Use safer alternatives. Clean efficiently using common, less-hazardous, and inexpensive products.

Reduce your use of germ-killing cleaners. Overuse of antibacterial or antimicrobial products may create resistant germs. Simple soap and water are effective. Find more tips from Washington Toxics Coalition at www.watoxics.org/content/pdf/Antimicrobials.pdf.

Choose a product with little or no scent and avoid aerosols. Perfume chemicals may be irritants for children and people with respiratory ailments or sensitive skin. Aerosol overspray may contain propellants or solvents. Pump sprayers or wipe-on liquids typically use less product.

Avoid air fresheners and fabric softeners. These products add particles and perfume chemicals to indoor and outdoor air, which may trigger asthma and skin ailments.

True or false?

Indoor air is cleaner than the air outdoors.

False. We spend almost all of our time indoors where air is almost 100 times more polluted from gases and particles than outside. Open windows occasionally to air out your home with a fresh breeze. (Source: U.S. Environmental Protection Agency)

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Produced in partnership with the Local Hazardous Waste Management Program in King County. This information is available in alternate formats on request at 425-452-6800 (voice) or 711 (TTY relay).



Green Cleaning



Green Cleaning Recipes

Please keep in mind that even these basic cleaning products should be kept out of reach of children and pets. Please do not mix green cleaners with other products.

Recipes



Tub and Sink Cleaner

- Baking soda
- Castile liquid soap

You can use baking soda in place of your scouring powder. Sprinkle it on porcelain fixtures and rub with a wet rag. Add a little soap to the rag for more cleaning power. Rinse well to avoid leaving a hazy film.



Window and Mirror Cleaner

- 1/4-1/2 tsp Castile liquid soap
- 3 tbsp vinegar
- 2 cups water
- Spray bottle

Put all ingredients into spray bottle, shake it up a bit, and use as you would a commercial brand. **The soap is important.** It cuts wax residue from the commercial brands you might have used in the past. Spray on surface and rub with a diaper, other lint free rag, or sheets of newspaper.



Toilet Bowl Cleaner

- Baking soda
- Castile liquid soap

Sprinkle baking soda inside the bowl as you would with any scouring powder. Add a couple of drops of soap. Scrub with a toilet brush and finish outside surfaces with a rag sprinkled with baking soda.



Linoleum Floor Cleaner

- 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.

All-Purpose Cleaner

- Castile liquid soap

Add a drop of soap on a wet washcloth and rub briskly. A washcloth will last longer and create less waste than a sponge.



Drain Cleaner

- Baking soda
- Vinegar
- Boiling water
- Zip It

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 Zip It.

Oven Cleaner

- 1 cup or more of baking soda
- Water
- A squirt or two of Castile liquid soap

Do not use this cleaner on self-cleaning ovens. Sprinkle water generously over bottom of the oven, then cover grime with enough baking soda until surface is totally white. Sprinkle more water over the top. Let mixture set overnight. You can easily wipe up the grease the next morning because the grime will have loosened. When you've cleaned up the worst of the mess, dab a bit of liquid soap on a sponge, and wash remaining residue from the oven. This recipe requires "elbow grease," but is not toxic.



Furniture Polish

- 1/2 tsp oil, such as olive (or jojoba a liquid wax)
- 1/4 cup vinegar or fresh lemon juice

Mix ingredients in a glass jar. Dab a soft rag into the solution and wipe onto wood surfaces. Cover jar and store indefinitely.



Mold Killers

- 2 tsp tea tree oil (available at local drug stores or online)
- 2 cups water

Combine in a spray bottle, shake to blend, and spray on problem areas. Do not rinse. This is a very effective natural solution for mold and mildew. Tea tree oil is relatively expensive, but a little goes a long way. Note that the smell of tea tree oil is very strong, but it will dissipate in a few days.

