

## NON-TOXIC CLEANING RECIPES

Here's a few of our favorite recipes. Follow the recipe or experiment a little with the ingredients to make your own!

### All-Purpose Cleaner

*suggested uses: hard surfaces like countertops and kitchen floors, windows and mirrors*

2 cups white distilled vinegar

2 cups water

20-30 or more drops of essential oil (optional)

*Tip:* Warming in microwave until barely hot will boost cleaning power for tough jobs. Only microwave in a glass container.

### Creamy Soft Scrub

*suggested uses: Use this creamy soft scrub on kitchen counters, stoves, bathroom sinks, etc.*

2 cups baking soda

½ cup liquid castile soap\*

4 teaspoons vegetable glycerin (acts as a preservative)

5 drops antibacterial essential oil such as lavender, tea tree, rosemary or any scent you prefer (optional)

Mix together and store in a sealed glass jar, shelf life of 2 years.

*Tips:* For exceptionally tough jobs spray with vinegar first—full strength or diluted, scented—let sit and follow with scrub.

Dry soft scrubs can be made with baking soda or salt (or combination of both) with 10-15 drops essential oil to scent

\*WVE recommends using a liquid castile soap that does not contain sodium lauryl (laureth) sulfate (SLS) or Diethanolamine (DEA), which may have harmful side effects.

### Furniture Polish

1/4 cup olive oil

1/4 cup white distilled vinegar

20-30 drops lemon essential oil

Shake well before using

(2 teaspoons lemon juice may be substituted for lemon oil but then must be stored in refrigerator)

Dip a clean, dry cloth into the polish and rub wood in the direction of the grain. Use a soft brush to work the polish into corners or tight places.

*Tips:* To remove water spots rub well with toothpaste. To remove scratches use 1 part lemon juice and 1 part oil, rub with soft cloth.

### **Toilet Bowl Cleaner**

Option 1

Sprinkle toilet bowl with baking soda, drizzle with vinegar, let soak for at least 30 minutes and scrub with toilet brush.

Option 2

Put ¼ cup borax in toilet bowl and let sit for at least 30 minutes. Swish with a toilet brush and then scrub. A few drops of pine oil can be added for increased disinfecting. (Note: some people are allergic to pine oil.)

*Tip:* Let ingredients soak for a while to make for easy scrubbing, especially on persistent stains like toilet bowl rings

### **Drain Opener**

½ cup baking soda

½ cup vinegar

Pour baking soda down the drain and follow with vinegar. Cover and let sit for at least 30 minutes. Flush with boiling water.

*Tip:* Prevent your shower from clogging by using a drain trap to catch hairs.

## Laundry Detergent

1 cup soap flakes

1/2 cup washing soda

1/2 cup Borax

Soap flakes can be made by grating your favorite pure vegetable soap with a cheese grater. Mix ingredients together and store in a glass container. Use 1 tablespoon per load (2 for heavily soiled laundry), wash in warm or cold water.

This standard recipe can be adjusted for soft water by using 1 cup soap flakes, 1/4 cup washing soda and 1/2 cup borax. For hard water, use 1 cup soap flakes, 1 cup washing soda, and 1 cup borax.

Note: Borax should not be ingested.

*Tips:* Add 1/2 cup white distilled vinegar to rinse as a fabric softener. For a whitener, use hydrogen peroxide rather than bleach. Soak your dingy white clothes for 30 minutes in the washer with 1/2 cup 20% peroxide. Launder as usual.