

Traditional cleaning products have been identified by national and international authorities as carcinogens, mutagens and reproductive toxins. Meanwhile, green cleaning supplies have met independent performance standards assuring they are effective cleaning products and disinfectants.

For the following green recipes, you will need the following household ingredients:

- **Baking Soda** - Cleans and deodorizes.
- **Borax** - Excellent disinfectant. Cleans and deodorizes. Available in laundry section of grocery store.
- **Soap** - Insist on soap without synthetic scents, colors or other additives, like Castile soap.
- **Washing Soda** - Cuts grease and removes stains. Disinfects. Softens water. Available in laundry section of grocery store or in pure form from chemical supply houses as "sodium carbonate."
- **White Vinegar and Lemon Juice** - Cut grease and freshen.

### GENERAL CLEANERS

#### Household cleaner

1 tsp. liquid soap  
1 tsp. borax  
Squeeze of lemon  
1 qt. warm water  
**OR**  
¼ c. baking soda  
½ c. borax  
½ c. vinegar  
1 gal. water

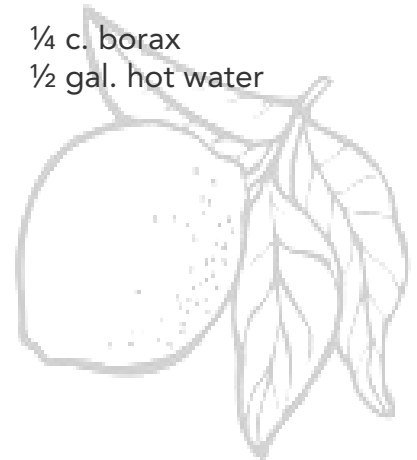
#### Window cleaner

2 tsp. vinegar  
1 qt. warm water  
**OR**  
2 tbsp. borax  
3 c. water

Rub dry with newspaper to avoid streaking.

#### Disinfectant

¼ c. borax  
½ gal. hot water



### KITCHEN/BATHROOM CLEANERS

#### Oven cleaner

¼ c. baking soda  
2 tbsp. salt  
Hot water, as needed to make a paste.  
Let paste sit for 5 minutes.

#### Ceramic Tiles

¼ c. vinegar  
1 gal. warm water

#### Drain Cleaner

½ c. borax in drain followed by  
2 c. boiling water  
**OR**  
¼ c baking soda down the drain, followed by  
½ c. vinegar  
Cover drain and let sit for 15 minutes. Follow with 2 qts. boiling water.

#### Toilet Bowls

¼ c. baking soda into bowl and drizzle with vinegar. Let sit for ½ hour. Scrub and flush. Add borax for stains.

