Clean Homes, Healthy Families

You can eliminate many harmful chemicals from your home by simply mixing your own cleaning supplies!

Recommended for families with asthma or other respiratory problems.

Shopping List

The Supermarket
1. Aluminum Foil
2. White Vinegar
3. Salt (Sea Salt preferred)
4. Baking Soda
5. Cornstarch
6. Vegetable oil
7. Lemon
8. Borax
9. Flour
10. Steel wool

Health Store
1. Pure Liquid Soap (Commercially known as Castile soap)
2. Natural Soap flakes
3. Essential Oils (try lemon, tea tree, eucalyptus, lavender)
4. Vegetable glycerin

*Although borax is naturally occurring, it should not be ingested.

Kitchen and bathroom

All-Purpose Cleaner
- 50% White Vinegar
- 50% Water
- 30-60 drops Essential Oil (optional)
Tip: To clean glass, try with newspaper.

Scouring Powders
- Borax
- Salt
- Baking Soda
Tip: Don't be afraid to experiment with these depending on your needs.

Heavy-duty Cleaner
- 1 tsp Borax
- 4 cups Warm water
- 1 tablespoon lemon juice

Dishwashing Liquid
- Pure Liquid Soap
Tip: Add lemon juice to dishwater to cut grease.

Soft Scrub Cream
- 2 cups Baking Soda
- 1/4 cup Borax
- 1/2 cup Vegetable oil
- 1/2 tsp of liquid dishwashing detergent
Mix together and seal in a resealable glass jar. Shelves should be 2 years.

Mold and Mildew Cleaner
Dissolve 1/2 cup Borax in warm water.

Metal Cleaners

Brass & Copper
Make a paste of lemon juice (or white vinegar) and salt. Apply to brass or copper fixtures, let sit 30 minutes, rinse with water.

Silver Jewelry Cleaner
Mix 1 cup of white vinegar with 1/2 cup of baking soda. Stir until a paste forms. Apply to silver jewelry, let sit 10 minutes, rinse with water.

Silverware and Service Dishes
- 1 large pot, boil together:
  - 1 tsp salt
  - 1 tsp Baking soda
  - 2 pints of water
  - 1 tsp of dishwashing detergent

Tip: To clean aluminum foil: 1 tsp Baking soda, 2-3 inches of water
Add silver, boil 2-3 minutes.

Laundry

Laundry Detergent
- 1 cup Baking Soda
- 1 cup Borax

Soft Scrub Cream
- 2 cups Baking Soda
- 1/4 cup Borax
- 1/2 cup Vegetable oil
- 1/2 tsp of liquid dishwashing detergent

Stains
- 1/2 cup Borax
- 1 cup White Vinegar

Spray starch
Dissolve 1 tsp cornstarch in 2 cups cold water, spray on iron.

To bleach clothes
Add 1/4 cup Borax to laundry wash.

Fabric softener
Add 1/4 cup Baking Soda in the rinse cycle.

To cut soap scum
Add 1 cup white vinegar to final rinse.

Deodorizers
Carpets: Apply baking soda evenly, let sit for at least 15 minutes, vacuum.

For More Information
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