

Chemical-free Cleaners

Reduce: Natural Alternatives

Many households rely on chemical-based cleaners for the bathroom, kitchen, and yard. However, using a cocktail of harsh chemicals can cause problems if inhaled or ingested, posing a high risk for children and pets. Leftover or expired cleaning products are considered hazardous waste, and can cause both health and environmental concerns if not disposed of properly. Thankfully, safer and more sustainable options are simple to make.

Why should I try chemical-free cleaners?

Choosing to “clean green” protects your health, your wallet, and the environment. By selecting non-toxic ingredients, you’ll keep your home safe for kids and pets. Most natural cleaning ingredients can be purchased in bulk at the grocery store, and are less expensive than traditional cleaners. Additionally, as you reduce household hazardous waste, you’ll lighten the burden on our earth and its resources.

Inspire your friends to clean green!

A DIY cleaner basket makes a great housewarming gift. Bundle together clean spray bottles, ingredients, and recipe cards. If they opt out of natural cleaners, they’ll at least be able to stock their pantry!

What alternatives are available?

Use these ingredients to clean your house from top to bottom:



Baking Soda – Sodium bicarbonate, aka baking soda, causes dirt and grease to dissolve easily in water, making it a great agent for cleaning toilets, sinks, and tile. Other uses for baking soda include removing rust, deodorizing cutting boards, killing cockroaches, replacing fabric softeners, and suppressing grease and electrical fires. When used in tandem, baking soda and vinegar react to become mildly abrasive, providing a boost when scrubbing pots and cleaning drains.



Vinegar – Acetic acid, the active ingredient in white vinegar, acts as a disinfectant, a deodorizer, and cuts grease. Use vinegar to clean refrigerators, polish stainless steel sinks, freshen toilets, remove deodorant stains, and kill weeds.



Lemon juice – If preferred, lemon juice can often be used as an alternative to vinegar, housing similar acidic properties. Cleaning with lemon leaves your house smelling fresh and inviting!



Dish soap – Since dish soap molecules are hydrophilic on one end and hydrophobic on the other, they adhere to oil and grease and suspend oil droplets in the water. If you’re looking for eco-friendly soaps, consider those without phosphates.

Water – Water is often added to the above ingredients to provide the best consistency, and helps lift off dirt and grease.

Tub and Tile

½ cup baking soda
Liquid soap

Place baking soda in bowl; slowly add liquid soap, stirring constantly, until it reaches the consistency of frosting. Scoop mixture onto a sponge, wash surface, and rinse.

Glass

1 cup water
1/8 cup white vinegar

Fill bottle with both ingredients and shake for 30 seconds. Use on all types of glass surfaces, including mirrors.

All Purpose

2 cups hot water
1 tsp liquid soap
1 tsp white vinegar or lemon juice

Fill spray bottle with hot water. Add soap and vinegar or lemon juice. Shake gently to dissolve ingredients.