

# Be Clean and Green—The Right Way



## The Dilemma of Being Too Clean

Keeping a home tidy has many positive benefits for our well being and stress levels. However, have you thought about the pitfalls of keeping your home 'too clean'? The ordinary house-hold chemicals you may be using to keep your home spotless may also be imperiling our watersheds. How? Well, many common household cleaners contain toxic chemicals such as sodium hypochlorite, petroleum distillates, phenol and cresol, ammonia and formaldehyde. When you rinse these chemicals in your drain, they will ultimately run off into local streams and eventually into major watersheds. To help do your part in cleaning up our waterways, consider using environmentally friendly products that are less toxic. You can make your own alternative products with just a few simple basic ingredients: baking soda, water, vinegar, borax, lemon juice, salt, a pump spray bottle and a little 'elbow grease'.

## Recipes As Easy As 1-2-3

### **All-Purpose Cleaner**

1. 1 Gallon Hot Water
2. 1/2 Cup Washing Soda
3. Mix Well, Wash Surface and Rinse.

### **Window and Glass Cleaner**

1. 1 Gallon Water
2. 1/2 Cup White Vinegar
3. Apply With Cloth or Mist/Spray Bottle
4. Dry With Clean Cloth.

### **Wood Furniture/Floor Polish**

1. 1/2 Cup White Vinegar
2. 1/2 Cup Vegetable Oil
3. Mix Well and Rub on Surface.
4. Buff With Clean, Dry Cloth.

### **Toilet Bowl Cleaner**

1. 1/2 Cup Borax
2. Drop of Mint Extract
3. Scrub Bowl with Borax and a Brush

### **General Guidelines:**

1. Do not mix homemade cleaners with store bought cleaners.
2. Work in a well ventilated area.
3. Use the same precautions as with store bought cleaners. Keep solutions out of reach of children and pets.
4. If using unmarked bottles and containers, be sure to label them.
5. Do not use food containers to mix cleaning products.