

GREEN CLEANING

MAIN INGREDIENTS:

- Bicarb soda:** Cleans, deodorises, softens water
- Borax:** A naturally occurring minerals salt. It cleans and deodorizes, bleaches and disinfects. Can be used to control ants and cockroaches. (Keep out of reach from children and pets.)
- Eucalyptus Oil:** Disinfects, deodorizes, and is a mild bleach
- Lemon:** A mild bleach, a deodorant, and a cleaning agent.
- Olive oil:** Polisher, moisturizer, and sealant
- Vinegar:** Cuts grease, solvent, disinfects, bleaches, and deodorizes – helps get rid of calcium build-up!
- Washing Soda:** Cuts grease and removes stains

HOMEMADE CLEANING RECIPES

LAUNDRY

Adapted from: <http://down---to---earth.blogspot.com.au/2007/08/various-recipes-for-green-cleaning.html>

LAUNDRY LIQUID

Ingredients

- 1 bar laundry soap, grated on a cheese grater OR 1 ½ cup of flakes
- 1 cup washing soda
- 1 cup borax
- Essential oils (optional) eg. tea tree, eucalyptus, lavender, rose.

Tools

- Saucepan
- 20 litre bucket
- Wooden spoon for mixing

Method:

1. Melt soap in 1½ litres of water in saucepan over medium heat. Stir until completely dissolved. Don't bring to boil. Make sure the soap dissolves properly or the mixture will separate when cold.
2. Pour melted mixture into your bucket. Add the washing soda and borax. Stir until powder dissolved.
3. Fill the bucket with hot water from the tap. Stir to combine all the ingredients. Leave with the lid off for 12 – 24 hours.
4. Decant into smaller dispenser and add essential oils to suit.
4. Use ¼ cup of mixture per load or monitor to see what works well for you.

Note: If you use the grey water from your laundry on your garden, leave out the borax.

FABRIC SOFTENER

- ½ cup white vinegar in final rinse

NAPPY SOAKER / WHITENER

Bicarb soda is a good pre-soaker for soiled nappies or clothes. Dissolve ¼ cup of bicarb soda in a bucket of warm water, soak for at least an hour or overnight, then wash the nappies in hot water with homemade laundry liquid. Add ½ cup of vinegar to the final rinse and let them dry in the sun.

HOMEMADE SHAMPOO

Dissolve a tablespoon of bicarb soda in a cup of water. Wet hair thoroughly and apply the mixture to the hair, massaging it in well. Rinse with water or ¼ cup apple cider vinegar. The vinegar smell will go when your hair is dry.

HOMEMADE DEODORANT

Use lemon juice or a dust of bicarb soda to stay fresh.

HOMEMADE REMINEARLISING TOOTHPASTE

(<http://wellnessmama.com/2500/homemade-remineralizing-toothpaste-recipe/>)

- 5 parts calcium powder
- 2 parts Baking Soda
- 3 parts Stevia powder (optional, for taste)
- 3-5 parts coconut oil to get desired texture
- Essential oil for flavor (optional)

Optional ingredients: Essential oils for flavor (mint, cinnamon, and orange are all good), Grapefruit Seed Extract, Myrrh and Trace Minerals

Add dry ingredients first, then coconut oil one part at a time till desired thickness achieved. Add essential oils. Store it in a sealed container. Dab onto your toothbrush.

CITRUS VINEGAR CLEANER

Adapted from <http://tipnut.com/infused-vinegar/>

1 bottle of white household vinegar
Citrus peels (lemons, oranges, mandarins, limes)

Add citrus peels to a bottle of white vinegar. Strain peel out after a few weeks of infusion. Dilute in water as required. Use as a floor, window or bench top cleaner or laundry detergent.

AIR FRESHNER

Adapted from: <http://www.apartmenttherapy.com/an-easy-homemade-3ingredient-s-117953>

30 mls gin, vodka, or rubbing alcohol
170 mls filtered water
20 – 40 drops of essential oil, a few suggested oils are: peppermint, jasmine, citrus oils.

Mix in a spray bottle, keeps for at least one month.

TOILET CLEANER

Paste of borax and lemon juice.

OVEN CLEANER

Spray oven with water bottle. Sprinkle bicarb soda and re-spray with water to form paste. Leave for a few hours (overnight is best). Scrub off with a cloth.

INSECT REPELLENT

100ml Vodka
60 drops essential oils: citronella, peppermint, Eucalyptus, tea tree, geranium, lavender (choose 3). Put all ingredients in a spray bottle.

WHAT'S IN COMMERCIAL CLEANING PRODUCTS?

- Cleaning products do not have to be labeled in Australia
- You can obtain Material Safety Data Sheets (MSDS) for hazardous materials
- Many chemicals have not been properly tested in the context of home use. Although many should be safe at the levels used inside homes, there is no absolute certainty. Some previously safe chemicals such as endocrine disrupting chemicals (EDCs), have been linked to cancer and more research has been called for.
- Household cleaners that claim to be disinfectants (kill germs) are subject to TGA standards.
- "What's in it?" was launched in 2011 and is a voluntary disclosure initiative
- As a rule of thumb – more mild cleaners that require a little ore elbow grease are the safest.
- Cleaning products can decrease the air quality in our homes by affecting the levels of VOC's - Volatile Organic Compound (e.g. Benzene). Studies have found that VOCs, are often 2-5 times greater inside than they are outside – meaning that the air you breathe inside your house may be more toxic than that outside.
- The table below lists just some of the chemicals that can be found in cleaning products.

Chemicals	Health Effects
Ammonia	Irritation to eyes and mucous membranes. Found in window cleaners, drain cleaners, toilet/bathroom cleaners, oven cleaners, car polish, and all-purpose cleaners
Benzene	Benzene is a component of petrol; it is also formed in the motor engine combustion process and emitted in the exhaust. A carcinogen, with the most frequently reported health effects being bone marrow depression leading to anaemia (reduced red blood cells), leukopenia (reduced white cells) and thrombocytopenia (reduced blood platelets). Found in glues, cigarettes, cleaning products, paint strippers and some art supplies such as ink and paint
Bleach	When bleach is mixed with acids (typically found in toilet bowl cleaners), it reacts with them to form chlorine gas. When it is mixed with ammonia, it can create chloramine gas, another toxic substance.
Boric Oxide	damages eyes, skin, respiratory system
Dichloroethylene	damages eyes, skin, respiratory system, central nervous system, liver, kidneys; can cause liver and kidney tumours. Found in dishwashing detergent
Diethanolamine	damages eyes, skin, respiratory system
Ethyl acetate	damages eyes, skin, respiratory system
Formaldehyde	damages eyes, respiratory system; can cause nasal cancer. Found in disinfectants, mould and mildew cleaner, air fresheners
Naphtha, Naphthalene	damages eyes, skin, respiratory system, central nervous system, liver, kidneys
Perchloroethylene	damages skin, liver
Phosphates	Function as a fertiliser in water. High concentrations of phosphates can promote harmful algal blooms and increase weed growth, which in turn leads to fish kills. Found in dishwasher detergents, laundry detergents, and bathroom cleaners
Polychlorinated biphenyls (PCBs)	damages skin, eyes, liver, reproductive system; can cause cancer of the pituitary gland and liver, leukaemia. Found in toilet cleaners
Sodium Hydroxide	damages eyes, skin, respiratory system
Sodium lauryl sulfate (SLS) and sodium laureth sulfate (SLES)	SLS is a skin irritant. SLES is milder, but the process of ethoxylation to make it can leave behind traces of 1,4-dioxane, a possible human carcinogen that is persistent in the environment. Found in dish soap, liquid laundry detergents, cleaning towelettes, and toilet bowl cleaners, cosmetics
Trichloroethylene	Damaging to eyes, skin, respiratory system, heart, liver, kidneys, central nervous system; can cause liver and kidney cancer. Found in drain cleaner
Xylene	Significant neurotoxic effects, including loss of memory. High exposure can lead to loss of consciousness and even death. It may damage liver, kidneys and the developing fetus. It is a severe eye and moderate skin irritant. Used in some spot removers, floor polishes, ironing aids and other products