

Group for the East End Green Cleaning 101



Homemade Green Cleaners
Good for your health and the
environment!

Why make your own?

While “green cleaning” supplies are increasingly available in retail stores, homemade cleaning products are more cost effective, safe for your health and the environment and are a cinch to make! There are homemade options for nearly every household cleaning demand.

Many cleaning products contain neurotoxins, carcinogens, allergens, heavy metals and other ingredients that are known or probable agents that contribute to health conditions such as cancer, respiratory problems, reproductive abnormalities and more.

The environment is also at stake! Chlorine bleach is toxic to fish and other organisms that live in water and soil. Remember, on Long Island, what goes down your drain ends up in our ground and surface waters! Additionally, many chemical ingredients are petroleum-based, which contributes to the depletion of a non-renewable resource while polluting air and water in the production process.



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Recipes



Ingredients

- Baking Soda
- Borax
- Lemon Juice
- White Distilled Vinegar
- Olive or Jojoba Oil
- Hydrogen Peroxide
- Castile Soap
- Washing Soda
- Essential Oils (for fragrance)

All Purpose Cleaner

Mix ingredients in bowl and pour into squeeze bottle:

- 1 2/3 cup baking soda
- 1/2 cup liquid dish soap
- 1/2 cup water
- 2 tablespoons vinegar

Disinfectant:

Mix in a large bucket (for a fresh smell add a few sprigs of rosemary or fresh thyme):

- 1/2 cup Borax
- 1 gallon hot water or distilled white vinegar
- 1 teaspoon tea-tree oil

Drain Cleaner

Pour baking soda down first, then vinegar and let it fizz for a few minutes, then pour boiling water:

- 1/2 cup baking soda
- 1/2 cup vinegar
- teakettle full boiling water

Mildew Eraser

Mix in a spray bottle:

- 1 cup water
- 1 to 2 drops tea-tree oil
- 1 cup distilled white vinegar
- 1/2 cup hydrogen peroxide
- 2 tablespoons Borax

Glass Cleaner

Mix in a spray bottle:

- 1 cup water
- 1 tablespoon lemon juice
- 1 cup distilled white vinegar

Group for the East End protects and restores the environment of eastern Long Island through education, citizen action and professional advocacy. We inspire people to embrace a conservation ethic.

www.eastendenvironment.org

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Furniture Polish

Mix in a spray bottle and mix well:

- 1/4 cup of olive oil or jojoba oil
- 1/4 cup white distilled vinegar
- 2 to 3 drops lemon essential oil

Toilet Bowl Cleaner:

Sprinkle toilet and then scrub:

- Baking soda in and around toilet
- Spray with white distilled vinegar (add a tablespoon of lemon juice for scent)

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