

Oregon Environmental Council's GREEN CLEANING GUIDE

Household cleaning products and solvents can contain chemicals that are bad for your family's health. Children with asthma are particularly sensitive. These recipes for non-toxic, biodegradable cleaners can save you money and improve indoor air quality.



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Rust Remover for Sinks and Tubs

Sprinkle a little bit of salt on the rust, squeeze a lime over the salt until it is nicely soaked in lime juice. Leave the mixture on for two or three hours. Use the rind as a handy scrubber.

Carpet Spot Remover

Blot spot immediately with water. | **Sprinkle with baking soda, cornstarch, or borax and let dry.** | Rinse with **club soda** and vacuum.

Wood Cleaner

¼ cup white vinegar | ¼ cup water | ½ tea-spoon liquid soap | A few drops of olive oil | Combine ingredients in a bowl; saturate a sponge with the mixture; squeeze out the excess and wash surfaces. | The smell of vinegar will dissipate.

Unclog Drains

Sprinkle a generous amount of **baking soda** in and around the drain opening. Follow with a cup of **white vinegar**. Flush with boiling water. Repeat if necessary.

All-Purpose Cleaner

¼ cup white vinegar | 2 tsp. borax | 3 ½ cups hot water | 20 drops of antibacterial essential oil (such as eucalyptus, lemon or peppermint) | ¼ cup liquid dish soap | Mix ingredients in a 32 oz. spray bottle, add dish soap last. Wash surfaces. The smell of vinegar will dissipate.

Mold and Mildew

Mix equal parts **vinegar** and **water** in a spray bottle. Spray on surface and wipe clean.

Soft Scrubber

½ cup baking soda | Enough liquid soap to make frosting-like consistency | 5-10 drops of antibacterial essential oil such as eucalyptus, lemon or peppermint (optional)

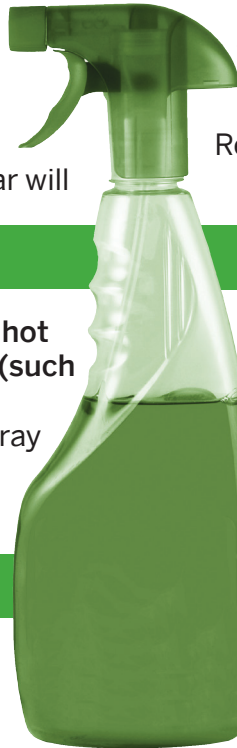
Placing baking soda in bowl; slowly pour in liquid soap, stirring continuously. Add essential oil. Scoop mixture onto sponge, wash surface and rinse thoroughly.

Basin, tub and tile cleaner

¼ cup baking soda | ½ cup white vinegar
Combine and use with soft cloth for cleaning.

Window Cleaner

¼ cup white vinegar | ½ teaspoon liquid soap or detergent | 2 cups water | Combine ingredients in a spray bottle and shake to mix.



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This guide was made possible through generous support from the Cedar Tree Foundation, the W. K. Kellogg Foundation and the Spirit Mountain Community Fund.