

NON-TOXIC HOUSEHOLD CLEANERS



- ☛ *Protect your health*
- ☛ *Protect your family and home*
- ☛ *Protect the environment*

A CVSWMD HAZARDOUS WASTE
REDUCTION TOOL



INTRODUCTION

We're all leading busy lives these days. Time is scarce and there are few opportunities for household chores. Manufacturers have responded to our busy lifestyles by making convenience products that offer instant results and promise to make our lives much easier.

But many commercial cleaners contain mixtures of complex and synthetic compounds. Some of these chemicals can be highly hazardous.

Commercial cleaners can burn skin or eyes on contact. Without proper ventilation, these chemicals can also produce harmful fumes. Some chemicals in cleaning products are so harmful that even a small amount could be deadly if swallowed.

Thoughtless disposal of hazardous products has harmful impacts on people and the environment. Throwing them in the trash or pouring them down the drain can disrupt waste water systems, seriously injure waste handlers, and contaminate local air and water resources. Even small amounts of used motor oil, antifreeze, and other hazardous wastes can have a profound effect on the environment, which in turn will impact us and future generations. We're all connected.

Many household chores can be accomplished with non-toxic products commonly found at home. These products can work just as well as their commercial counterparts — perhaps requiring a little more “elbow grease.” By following the simple recipes included in this booklet, you'll know exactly what's in your cleaners and that they're safe for you and your family. You'll probably save some money, too!

A word of warning: Use these and other published recipes if you mix your cleaning supplies. Even common household products can be hazardous, especially if mixed together. *Never mix products with ammonia and chlorine (bleach) — they form a deadly gas!*

VERMONT POISON CENTER: 800-222-1222

Call in case of emergency.

PROPER DISPOSAL OF HOUSEHOLD HAZARDOUS WASTE

The Central Vermont Solid Waste Management District offers a program to properly dispose of hazardous materials. If you are a resident in a CVSWMD town, bring your hazardous materials to the District’s Household Hazardous Waste Collections.

For more information about hazardous waste collections, including dates, and locations, call the District at 229-9383 or 800-730-9475.

SHOPPING FOR ALTERNATIVES

How to Choose Wisely

Adopt a new way of thinking about hazardous household products. Try to buy less or use non-hazardous products as much as possible.

The best way to tell if a product is hazardous is to read the label. Look for signal words such as:

WARNING	DANGER	Keep out of reach of children
IRRITANT	CORROSIVE	Dispose of properly
POISON	FLAMMABLE	Harmful if swallowed

DANGER indicates the product is extremely hazardous: A taste could be fatal. WARNING and CAUTION signal a somewhat lesser hazard. Select products with a CAUTION label over those with WARNING or DANGER. The best selection is a non-toxic product.

CENTRAL VERMONT SOLID WASTE ASSOCIATION

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KITCHEN

All Purpose Cleaner

- 1 tsp. vegetable-based liquid soap
squeeze of lemon or splash of vinegar
1 quart warm water
Mix and apply. Wipe clean.

Dish Soap

- Use phosphate-free soap.
- plain castile soap
10-15 drops of your favorite essential oils or added disinfecting power!
(Ex. lemon, rosemary, lavender, orange)
Mix together and use when washing dishes by hand.

Drain Cleaners

- If the drain is already clogged, use a plunger or rent a mechanical snake to manually push the clog away.
Or,
- ½ cup salt
½ cup baking soda
Pour salt down the drain, followed by baking soda. Follow with 6 cups boiling water. Let sit overnight; flush with water.
- ½ cup baking soda
½ cup vinegar
3 cups boiling water
Pour baking soda and vinegar down the drain. Add boiling water. Let sit 10-15 minutes. Rinse. Repeat this process every month or so.

Floor cleaners

TILE FLOORS:

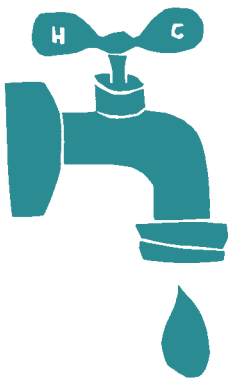
- 1 cup vinegar
1 pail hot water
Mix and apply. Wipe clean.

WOOD FLOORS:

- ⅛ cup vegetable oil-based liquid soap
1 gallon water
Mix and apply. Wipe clean.
- ¼ cup olive oil
¼ cup vinegar
drop or two of lemon oil
Mix and apply. Wipe clean.

NO-WAX FLOORS:

- ¼ cup vegetable oil-based liquid soap
¼ cup lemon juice
2 gallons hot water



(continued)

KITCHEN (CONTINUED)

Floor Wax

- 1 part lemon juice
2 parts food-grade linseed oil
Apply with rag. Let rest until floor is dry. Buff completely smooth.

- 6 Tbs. beeswax
3 cups food-grade linseed oil
Put ingredients in the top of a double boiler (over water), and beat slowly until wax is melted. Stir and pour into a heat-resistant container. Apply:

LINOLEUM FLOORS:

- Add a small amount of skim milk to the rinse water. This will shine the floor. (No, it doesn't smell).

Oven Cleaners

- small box of baking soda
a few drops of vegetable oil-based liquid soap
a mild abrasive pad

Sprinkle some water over bottom of oven. Cover with baking soda. Let sit, preferably overnight. Wipe with pad. After bottom is cleaned, put a few drops of liquid soap on a sponge and wash the sides and top.

Tip: Sprinkle salt on spills while oven is still warm. When oven cools, scrape and wipe the area clean.

BATHROOM / LAUNDRY

Mold & Mildew



1 tsp. borax
3 Tbs. vinegar
2 cups hot water

*Mix together in a spray bottle.
Shake vigorously to mix.
Spray on, let sit, scrub, then rinse.*

Scouring Powder



1 cup baking soda
¼ cup vinegar

*Mix in small bowl and rub
on surface with damp sponge.
Let stand a few minutes.
Rinse well.*

Tub & Tile Cleaner



½ cup baking soda
½ cup borax
1 tsp. vegetable-oil based soap

*Mix and add enough water to make
a paste. Apply with sponge or scrubbie.
Rinse well after use.*

Toilet Bowl Cleaner



baking soda and vinegar

*Sprinkle baking soda into the bowl,
then drizzle with vinegar and scour
with a toilet brush.*



washing soda or borax
baking soda

*Sprinkle these ingredients in bowl.
Let stand for 10 minutes. Brush.*

Laundry Soap



Use phosphate-free laundry
detergents

Laundry Bleach



¼ cup washing soda
OR: ¼ cup borax
OR: ¼ cup white vinegar
(prevents greying)

Add one of the above to your wash.

Laundry Starch



1 Tbs. cornstarch
1 pint cold water

*Place in spray bottle and shake
to dissolve cornstarch.*



LIVING ROOM

Furniture Cleaner



FOR WOOD:

• 1/8 cup linseed oil
1/8 cup vinegar
1/4 cup lemon juice
Mix ingredients. Using a soft cloth, rub into wood.

• 3/4 cup olive oil
1/4 cup vinegar
Mix ingredients. Using a soft cloth, rub into wood.

• 1/4 cup olive oil
1/8 cup lemon juice
Mix and apply a thin coat. Rub with cloth.

FOR LEATHER:

• 1/4 cup olive oil
a few drops of lemon oil
Mix ingredients. Saturate cloth and apply.

FOR VINYL:

• 1/4 cup vinegar
1/4 tsp. vegetable oil-based liquid soap
water
Mix ingredients. Saturate cloth and apply.

Carpet Deodorizer

• box of baking soda
Sprinkle baking soda over carpet and let sit overnight. Vacuum.

• 1 cup borax
2 cups cornmeal
Mix ingredients in a small bowl. Sprinkle over carpet. Let stand for an hour. Vacuum.

Carpet Stain Remover

• club soda
Apply to stain and scrub.

• 1/4 cup vinegar
1/4 cup water
Mix and rub. Rinse with water.

METAL / GLASS CLEANERS

Brass and Copper



flour (enough to make a paste)
½ tsp. salt
½ cup vinegar

Mix ingredients to form a paste. Rub onto the brass and let sit for 30 minutes. Rinse with water and dry with a cloth dampened with a little vegetable oil.

Chrome



3 Tbs. baking soda
water

Mix the baking soda and water to make paste. Apply. Rinse.

Silver



white toothpaste

Rub into tarnished silver with a cloth. Rinse with warm soapy water and buff dry.



Glass Cleaner



¼ cup vinegar
1 cup water

Mix ingredients in a spray bottle. Shake and apply. Wipe clean.



2 Tbs. borax or washing soda
3 cups water

Mix ingredients and apply. Wipe clean.



3 Tbs. cornstarch
½ cup water

Mix ingredients in a small bowl. Dip a cotton cloth into mixture and wipe. Film will disappear, so keep rubbing.