

## Green Cleaning Recipes



### Drain Cleaner

1 Cup Vinegar  
½ Cup Baking Soda  
1 Cup Boiling Water

Pour baking soda into drain  
Pour vinegar into drain  
Pour boiling water down the drain last

### Wall Cleaner (Remove scuffs, crayon, pencil, nicotine, etc.)

Add water to baking soda just enough to make a paste the consistency of liquid glue. Then use a rag to wipe on wall. Scrub clean, then wipe clean using soap and water.

### All Purpose Cleaner

½ cup white vinegar  
¼ cup baking soda  
½ gallon water

Mix vinegar and baking soda into the water. Store and keep in a spray bottle. Use for bathroom and kitchen cleaning

### Glass Cleaner

2 tsp. white vinegar  
1 quart water  
1 sheet crumpled newspaper

Mix vinegar with water in a spray bottle. Spray on glass. Use crumpled newspaper to clean.

Note: Clean windows out of direct sun to avoid streaks.

### Dishwasher Detergent

1 Tbsp. Borax  
1 Tbsp. Baking soda

Place ingredients in soap dispenser in dishwasher. Wash as usual.

### Oven Cleaner

$\frac{3}{4}$  Cup Baking soda  
 $\frac{1}{4}$  Cup Salt  
 $\frac{1}{4}$  Cup water

Moisten oven surfaces with sponge and water. Mix Baking soda, salt and water together to form a paste. Spread on oven interior. Let sit 30 minutes. Remove with wet rag and/or scrubbing pad.

### Sticker Remover

Apply full strength white vinegar to affected area. Wait 15 minutes and rub off.

### Rust Remover

1 lemon  
Salt

Squeeze juice from lemon or lime onto area, then sprinkle liberally with salt. Allow to sit for 2-3 hours, then use leftover rind to scrub off. Rinse with water.

### Air Freshener

- Place a small dish of baking soda or vinegar with lemon juice on the counter to absorb odors.
- Keep fresh coffee ground on the counter.
- Grind up a slice of lemon in the garbage disposal
- Simmer 1 Tbsp. vinegar in 1 Cup of water on the stove to prevent cooking odors.

### Deodorizer

Carpets: Sprinkle baking soda over carpet. Let stand 2-3 hours, then vacuum entire area.

Garage or Basement: Set a plate of sliced onion in the center of the room for 12-24 hours.

### Tub and Shower Cleaner

$\frac{1}{2}$  Cup Baking Soda  
 $\frac{1}{4}$  Cup Hydrogen Peroxide  
2 Teaspoons Dishsoap

Mix all ingredients in a bowl or directly in a squeeze bottle and shake well. Pour onto a rag and wipe down tub/shower. Scrub with a sponge or wet rag, then rinse clean.

### **Bathroom Mold Remover**

1 part hydrogen peroxide (3%)  
2 parts water

Mix together in spray bottle and spray on areas with mold. Wait at least one hour before rinsing or using shower.

### **Floor Cleaner**

$\frac{1}{2}$  Cup White Vinegar  
 $\frac{1}{2}$  Cup Rubbing Alcohol  
 $\frac{1}{2}$  Cup Water  
3-5 Drops Liquid Dishsoap

Use to mop laminate flooring.

### **Gnat Killer**

$\frac{1}{3}$  Cup Apple Cider Vinegar  
2 Tbs. Water  
1 drop dishwashing soap

Mix in small glass bowl or jar and sit on counter. The gnats are naturally attracted to the vinegar and the soap kills them. You can also put this mixture in a salt or pepper shaker. The gnats will crawl in through the holes and will be unable to get back out.

### **Permanent Marker Remover**

Clothes – Use Hand Sanitizer  
Walls – Use Toothpaste or Hairspray  
Wood – Use Rubbing Alcohol  
Carpet – Use White Vinegar  
Furniture – Use Milk  
Ceramic or Glass – Use 1 part baking soda and 1 part toothpaste

### **Shampoo and Conditioner**

1 Tbsp. baking soda  
1 cup water

Shake before using. Apply appropriate amount to hair, then rinse out.

Follow immediately with:

1 Tbsp. vinegar (apple cider or white)  
1 cup water

Apply appropriate amount to hair, then rinse.

### **Foot Soak**

7 cups water  
2 cups milk

Mix water and milk in a saucepan and heat to a comfortable temperature for your feet. Put the mixture in a large bowl and soak feet for at least 10 minutes. Rinse with clear water and pat dry. Finish with a moisturizer.

### **Sugar Scrub**

½ cup sugar  
2 Tbsp. lotion

Combine sugar and lotion in a bowl. Massage the sugar and lotion mixture into your feet to exfoliate. Rinse with clear water and pat dry. Apply some additional moisturizer to feet.

### **Cucumber Toner**

½ cucumber  
a few sprigs of mint  
½ distilled water  
Cheesecloth

Chop cucumber and mint finely. Mix with water and chill. Strain liquid through cheesecloth. Spray liquid on body or face, or use a cotton ball to apply. Avoid using on skin that is prone to acne. Store in refrigerator for 3-5 days.

### **Oatmeal Bath**

Grind 1 cup of plain oatmeal in a food processor or coffee grinder until it turns into a powder. Add it to running water and stir with your hand to dissolve. Relieves itching due to chicken pox, poison ivy, and dry skin.

### **\* DISCLAIMER \***

Always test products in a small area first. These products are made from items obtained at most grocery stores. Individual results may vary. Please consult manufacturers' specifications if questions arise concerning the use of these products on household items and surfaces.