

ECO-FRIENDLY, NON-TOXIC CLEANING ALTERNATIVES



TOILET CLEANER

Sprinkle a little baking soda and a few drops of essential oil (eucalyptus, lime, or lavender works well) into the bowl. Brush, let sit for a minute, brush again, and flush!

COUNTERS (KITCHEN/BATH)

In a squirt bottle, mix:

- 2 tablespoons liquid soap (non-toxic, such as Dr Bronners) +
- 2 cups water

Or you could try:

In a squirt bottle, mix:

- 1 cup white vinegar +
- 1 cup water

SINKS/TUBS/SHOWERS

- Wet the surface & then sprinkle on baking soda and wipe with a damp sponge or cloth.
- Also, Bon Ami is a non-toxic alternative to Soft Scrub-type products.

FLOORS

In a bucket, mix:

- 1 gallon of warm water +
- 1/2 cup white vinegar

WINDOWS

In a squirt bottle, mix:

- 2 cups water +
- 3 tablespoons white vinegar +
- 1/4 teaspoon liquid soap

Dry with lint-free cloth, microfiber cloth, or newspapers.

WOOD FURNITURE POLISH

In a glass jar, mix:

- 1/4 cup vinegar or fresh lemon juice +
- 1/2 teaspoon olive oil

Dab a rag in the solution and wipe on wood surface.

BATHROOM TILE (MOLDY)

In a squirt bottle, mix:

- 2 cups water +
- 2 teaspoons tea tree oil

Spray on problem areas and let sit. Do not rinse. Or spray straight vinegar on problem areas. Do not rinse.

DISHWASHER SOAP

Use 7th Generation.

LAUNDRY SOAP

Method, Trader Joes make great laundry soap that is non-toxic. Don't use fabric softener.

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SHOPPING LIST

- ☐ Large bottle of white vinegar
- ☐ 3 small boxes baking soda (one for kitchen + each bathroom)
- ☐ Spray bottles (3-5)
- ☐ Bucket to hold supplies
- ☐ Bon Ami
- ☐ Laundry Soap (Method or Trader Joes)
- ☐ Dishwasher Soap (7th Generation)
- ☐ Microfiber cloths (window + counter)
- ☐ All-purpose liquid soap (Dr Bronners)
- ☐ Eucalyptus essential oil

[If you don't want to make your own, you can purchase non-toxic cleaners. Target carries Method, Mrs Myers, and 7th Generation.]