



## IT'S YOUR HOME. MAKE IT SAFE!

Are you concerned about the safety of the household chemicals you use?

### Be safe

Even when used as directed, many household chemicals can cause:

- Health hazards
- Danger to children and pets
- Fire hazards
- Air, water and soil pollution
- Danger to wildlife

This list of recipes for safe alternatives to household chemicals will help you protect your health, home and the environment.

### Save money

Safe alternatives such as baking soda, white vinegar and lemon juice can replace a multitude of household chemicals at a fraction of the price.

Greater Kansas City's one-stop spot for recycling information  
RECYCLESPOT.ORG • 816-474-TEAM



This project was funded in part by the Missouri Department of Natural Resources.

### Toilet Bowl Cleaner

*Ingredients:* Baking soda, white vinegar

*Directions:* Sprinkle baking soda into the bowl, then drizzle with vinegar and scour with a toilet brush. This both cleans and deodorizes.

### Tub and Tile Cleaner

*Ingredients:* White vinegar, baking soda

*Directions:*

1. Apply vinegar to a sponge and wipe tub/tile.
2. Sprinkle baking soda (in the same manner as scouring powder), rub with damp sponge, rinse thoroughly.

*To clean grout:*

1. Put 3 cups baking soda into a medium-sized bowl.
2. Mix into a smooth paste.
3. Scrub into grout with a sponge or toothbrush, rinse thoroughly.

### Weed Killer

*Ingredients:* Baking soda

*Directions:* Sprinkle baking soda on unwanted grass and weeds. If they are growing in sidewalk cracks, sprinkle baking soda on cement and sweep into cracks.

### Window Cleaner

*Ingredients:* White vinegar

*Directions:* Fill spray bottle with 1/2 cup white vinegar and 1 cup of water. Wipe clean with paper towel or cotton cloth.



# Safe Alternatives to Household Chemicals



Easy recipes for a healthy home

## Air Freshener

*Cinnamon and cloves:* Boil cinnamon and cloves in a cheesecloth bag.

*Potpourri:* Make potpourri from your favorite herbs and spices. Place in a small basket, jar or sachet bags.

*Citrus pomander:* Make a citrus pomander by inserting cloves into an orange. Hang in room or wrap in tissue and store in a drawer, cabinet or closet.

*Essential oils:* Add 10 drops per 1 cup of water.

## Bathroom and Kitchen Cleaner

*Ingredients:* Baking soda

*Directions:* Dissolve 4 tablespoons baking soda in 1 quart of warm water.

## Carpet and Rug Deodorizer

*Ingredients:* Baking soda

*Directions:* Make certain that the carpet is dry. Sprinkle baking soda liberally over the entire carpet. Wait at least 15 minutes — or overnight if odor is particularly bad — before vacuuming.

## Dishwasher Detergent

*Ingredients:* Baking soda, borax

*Directions:* Mix 2 tablespoons baking soda with 2 tablespoons borax. Pour into dishwasher soap cup and close.



## Drain Opener

*Ingredients:* Plunger, baking soda, white vinegar

*Directions:*

1. Plunge drain. This will usually break up the clog, even if it takes more than a few plunges.
2. If this isn't an option, pour ½ cup baking soda down the drain, add ½ cup white vinegar, and cover the drain if possible.
3. Let sit for a few minutes
4. Pour a kettle of boiling water down the drain to flush it.

## Floor Cleaner

*Ingredients:* Water, white vinegar

*Directions:* Mix ½ cup vinegar into 1 gallon warm/hot water and apply with mop. (Works on tile, brick, stone and vinyl flooring. You may want to use other safe alternatives for specialty floors: linoleum, painted wood, rubber, etc.)

## Floor Polish

*Ingredients:* Club soda

*Directions:* Apply club soda to floor with a mop.

## Furniture Polish

*Ingredients:* Olive oil, white vinegar

*Directions:* Mix 3 parts oil to 1 part vinegar. Apply and polish with a clean, soft cloth.

## Ice Safety

*Ingredients:* Baking soda

*Directions:* Sprinkle baking soda on a surface to provide traction and melt ice. Mix with sand if you need greater traction.

## Insect/Pest Spray (for plants)

*Ingredients:* Garlic bulb, small onion, ground cayenne pepper, liquid dish soap

*Directions:*

1. Blend ½ garlic bulb, ½ small onion, 2 cups water, ½ teaspoon cayenne pepper.
2. Steep for one hour.
3. Strain well.
4. Add 1 tablespoon liquid dish soap.
5. Pour into spray bottle and spray plants thoroughly, including underside of leaves.
6. Store in refrigerator for up to one week before discarding and replacing.

NOTE: Marigolds, basil and pepper plants naturally repel pests as well. For more info, visit your state's cooperative extension service.

## Laundry Detergent

*Ingredients:* Washing soda, baking soda, white vinegar, liquid castile soap

*Directions:* Mix 1 ounce castile soap, 1 cup washing soda, 1 cup baking soda, and 1 cup white vinegar and pour into washing machine.

## Mold Removal

*Ingredients:* White vinegar

*Directions:* Pour vinegar into spray bottle. Spray the vinegar onto the moldy surface and let sit for one hour. Wipe area clean with water and allow surface to dry.



## Oven Cleaner

*Ingredients:* Salt, baking soda

*Directions:*

1. While the oven is still warm, sprinkle salt on the spill. If spill is dry, wet spill lightly with water before sprinkling on salt.
2. When oven cools down, scrape away spill and wash area clean.
3. If spill won't come off, sprinkle water on spot followed by baking soda.
4. Rub gently with a very fine steel wool pad.
5. Wipe off with sponge, rinse well and wipe dry.

## Shoe Polish

*Ingredients:* White vinegar, olive oil or lemon juice

*Directions:* Clean leather by rubbing with a cloth dipped in 1 part vinegar to 1 part water solution. Apply olive oil or lemon juice and buff with a soft cloth.

*more recipes on back panel*



## Safer Paint

Conventional paints contain dangerous chemicals. When purchasing paint, look for:

- Green Seal-11 certified
- Water-based latex
- Low or no VOCs
- Low-VOC color additives
- Mineral- or plant-based pigments
- Avoid "antifungal" and "antimicrobial" paints
- No formaldehyde-releasing preservatives
- Milk paint is a safer alternative