

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





#### **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 mediumsized 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 ½ 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

Printed on post-consumer recycled paper.

#### **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 1/2 cup baking soda down the drain, add  $\frac{1}{2}$  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 1/2 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,  $\frac{1}{2}$  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

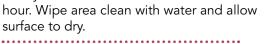
Ingredients: Washing soda, baking soda, white vinegar, liquid castile soap

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



# **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





