

NON-TOXIC CLEANING PRODUCTS

INTRODUCTION



Clean water is vitally important to all of us. We depend on our water resources for food, drinking water, recreation, and much more. Water resources that are polluted threaten our health, environment, and livelihood.

Clean-up efforts the past few decades have, for the most part, focused on industry. As a result, water quality has improved but significant problems still exist. Therefore, the focus must expand to include other sources of pollution, including households. There is something easy you can do.

Households pollute our water resources in many ways. Few people realize that the cleaners we use around the home often contain hazardous or toxic chemicals.

Many of these chemicals can not be treated at the sewage treatment plant and often end up in our lakes and streams. There is hope, however!

The following information provides easy, effective and inexpensive recipes for home cleaning and maintenance. These cleansers are non-toxic, safe for you and the environment, and will probably save you money. Vinegar, baking soda, an essential oil and salt, for example, can take the place of many expensive and dangerous cleaners.

Be part of the solution to water pollution.

Make your home a "POLLUTION FREE-ZONE."



WWW.CLEANERS supporting WARRINGTON WELL-BEING WAY

www.cleaners



Disinfectant

INGREDIENTS:

white vinegar
essential oil (eucalyptus or lavender oil smells great and has good antiseptic properties!)

METHOD:

Add a few drops of essential oil to a couple litres of vinegar.

EFFECTIVENESS: 90%

USAGE:

Apply anywhere; wait a few minutes, then scrub.

www.cleaners



Wonder Worker

-all purpose household cleaner-

INGREDIENTS:

liquid soap or detergent
white vinegar
water
essential oil for fragrance

WHAT ELSE YOU'LL NEED:

squirt bottle

METHOD:

Add 2 tablespoons of vinegar to a 2 litre bottle.
Fill the rest of the bottle with warm water.
Shake. Add ¼ cup of liquid soap and gently mix.
Add 10-15 drops of essential oil.

HOW TO USE:

Spray and wipe. Use Wonder Worker as you would any other all purpose household cleaner. (Also works well on whiteboards!)

Happy Cleaning !

www.cleaners

Toilet Cleaner



INGREDIENTS:

liquid soap
baking soda
white vinegar
eucalyptus oil
water

METHOD:

Mix ½ cup liquid soap and 2 cups baking soda together.
Try to get rid of all lumps.
Dilute with ¼ cup of water and add 2 tablespoons vinegar to make it foam. Stir.
Add ½ teaspoon eucalyptus oil.
Then mix into any type of bottle or container.

HOW TO USE:

First shake up well and dip a toilet brush into your mixture. Scrub the toilet bowl well, getting into all the small places.
Flush !

www.cleaners

Floor Cleaner



INGREDIENTS:

white vinegar
water
essential oil for fragrance

WHAT ELSE YOU'LL NEED:

squirt bottle

METHOD:

Fill the bottle with equal amounts of white vinegar and water.
Add 15-20 drops of essential oil (try pure peppermint oil for a real fresh smelling floor).
Shake to mix.

HOW TO USE:

Squirt this refreshing cleaner directly onto the floor and wipe clean with a rag or mop.

www.cleaners

Bench Top Cleaner

INGREDIENTS:

baking soda
essential oil of your choice

METHOD:

Simply add a few drops of your favourite essential oil to the baking soda and shake up.

HOW TO USE:

Shake and wipe (can use a container with holes in the lid).
Works on any bench or desk top.

Cleans amazingly ! Use it and see the difference.



www.cleaners

Crystal Clear Glass Cleaner

INGREDIENTS:

soda water
liquid soap

WHAT ELSE YOU'LL NEED:

spray bottle

METHOD:

Fill a bottle with plain soda water and add a few drops of liquid soap (no more or the windows will get streaky).

HOW TO USE:

Spray and wipe. Use either a rag or newspaper to wash the window and then look through to see the other side!

SO CHEAP, SO EASY and SO EFFECTIVE !



www.cleaners



Mint Fresh Oven Cleaner

INGREDIENTS:

salt
baking soda
water
mint leaves

METHOD:

Mix $\frac{1}{4}$ cup of salt with about one cup baking soda.

It should fill up a normal size shaker.

To add the mint fragrance... put 4 – 5 leaves of mint in a $\frac{1}{4}$ cup of hot water and soak for five minutes.

To make the paste add the $\frac{1}{4}$ cup of minted water to the dry ingredients and mix.

HOW TO USE:

Shake all over your oven and leave over night.

Clean off in the morning and presto... you have a clean oven.

Have you ever wanted to have a clean mint like smell in your oven at night? Well here you go...