



IT'S YOUR HOME. MAKE IT SAFE!

Are you concerned about the health and environmental effects of the household chemicals you use?

Even when used as directed, many household chemicals can cause problems for you, your community, and the environment we all call home. These problems include:

- Health hazards
- Danger to children and pets
- Fire hazards
- Water pollution
- Air pollution
- Hazards to wildlife and other ecosystem impacts

This list of recipes for safe alternatives to household chemicals will help you protect your health and the environment in addition to saving you money. As with all products, always follow warning labels.



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 and add 1 cup warm water.
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*

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



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

Air Freshener

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

Potpourri: Make potpourri from your favorite herbs and spices. Place in 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 the 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. It may take more than a few plunges to loosen the clog.
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, apply with a 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 surface to provide traction and melt the 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. In blender, mix ½ garlic bulb, ½ small onion, 2 cups water, ½ teaspoon cayenne pepper.
2. Steep one hour.
3. Strain well.
4. Add 1 tablespoon liquid dish soap.

continued...

Safer Paint

Conventional paints contain several toxic chemicals: volatile organic compounds (VOCs), fungicides, biocides and chemical pigments. When purchasing paint look for low VOCs, low biocides and natural pigments.



5. Put in spray bottle, spray plants thoroughly, including underside of leaves.
6. Storage: Recipe will store for one week in refrigerator.



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.

continued on back...