Green cleaning RECIPES for your kitchen
WARNINGS

Never make a household cleanser in an old cleaning bottle. The ingredients could react with old contents.

Avoid direct contact between pure essential oils and skin, eyes, or surfaces. They can harm your skin and remove paint or finish. Use a small amount, and keep away from children and pets.

When using a recipe, order matters. Always follow the directions to avoid soap clumping and other reactions.

Borax can bother your eyes and is harmful if swallowed. Keep away from children and pets.
What you need to clean green:

- Baking Soda
- Borax
- Vegetable oil-based soap
- Essential oils
- Water
- Vinegar
Essential oils are an optional ingredient you can add to make the recipes more effective. Different oils have different benefits. Some of these include: antiseptic, disinfectant, insecticide, insect repellent, and fungicide. These oils also have a great scent.

Avoid direct contact with skin. Use sparingly and only in diluted form. Some oils can ruin paint or other finishes. Some are not safe to use while pregnant (basil and pennyroyal).

The oils evaporate quickly, so tighten lid and tape shut if possible. Essential oils can be found online or at health food stores.
<table>
<thead>
<tr>
<th>Essential Oils Guide</th>
<th>antiseptic</th>
<th>disinfectant</th>
<th>bactericide</th>
<th>fungicide</th>
<th>insecticide</th>
<th>insect repellant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lavender</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
</tr>
<tr>
<td>Orange</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
</tr>
<tr>
<td>Tea Tree</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
</tr>
</tbody>
</table>
Window & glass cleaner

1 part water
1 part vinegar

Fill a spray bottle one quarter of the way with warm water. Pour vinegar into bottle until three quarters of the way full. Cap, and shake. Finish filling the bottle with warm water and then cap and shake.
Oven Cleaner

Baking soda
water

using a spray bottle, coat oven with water. Sprinkle bottom of oven with baking soda to cover, then dampen bottom of oven with more water. Let sit over night and scrub out stains. For the sides of the oven, make a paste with baking soda and water and spread all over.
Wood Floor Cleaner

1 c. vinegar
warm water

for mopping, pour vinegar in a bucket, add warm water. Or, fill spray bottle with 50/50 solution of warm water and vinegar. Spray on floor and wipe with clean rag or mop.
Non-Wood Floor Cleaner

2-3 drops of vegetable oil-based castile soap
warm water

Add 2-3 drops of the castile soap in a bucket and fill it with warm water. Mop as usual.
Non-Wood Floor Cleaner

2-3 drops of vegetable oil-based castile soap
warm water

Add 2-3 drops of the castile soap in a bucket and fill it with warm water. Mop as usual.
Drain Cleaner

1/2 c. baking soda
1 c. vinegar

Pour baking soda into drain. Add a cup of vinegar. The mixture will start to fizz. Cover the drain with a plunger until fizzing stops. Rinse with hot water and repeat if necessary.
All purpose spray cleaner

1 16 oz Spray bottle
1 tsp borax
2 tbsp Vinegar
1/4 c. Vegetable oil based soap
Hot Water
2-3 drops essential oils (optional)

Add water and Borax in spray bottle. Shake until Borax is dissolved. Add vinegar, and shake again. Then add the soap and oils.
Questions?

Call the Kent County Health Department at (616) 632-6912

or

WMEAC at (616) 632-7100
visit wmeac.org