

Green Cleaning

Better for you
and the
environment



Why Should I Use Green Cleaners?



Safe

Green Cleaning means using cleaning products that do not endanger you, children or the environment



Better For Asthma

Commercial cleaning products often contain irritants that can trigger an asthma attack



Affordable

Many ingredients used to make green cleaning products are not expensive and can be bought with food stamps (SNAP)



They Work!

Ingredients such as baking soda and hydrogen peroxide remove odors and act as a disinfectant

Green Cleaning Recipes

General Cleaner



You can use any of the four recipes below. For the first three recipes, mix the ingredients in a spray bottle.

Recipe 1: dissolve 4 tablespoons baking soda in one quart of warm water.

Recipe 2: Add 1/2 cup vinegar to between 1 cup and 1 quart of warm water.

Recipe 3: Combine 1/4 cup distilled white vinegar, 1/2 teaspoon vegetable oil-based liquid soap, 3/4 cup warm water. Shake to blend.

For really big jobs: Combine 1/2 cup distilled white vinegar, 1/4 cup vegetable oil-based liquid soap and 2 gallons of warm water in a pail. Stir to blend.

Tub and Sink Cleaner



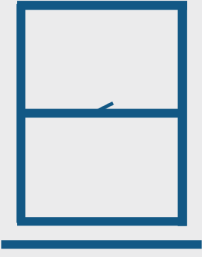
Ingredients: Baking soda and liquid soap

Step 1: Sprinkle baking soda on the porcelain fixtures, and rub with a wet rag.

Step 2: Add a little liquid Murphy's soap to the rag for more cleaning power.

Step 3: Rinse well to avoid leaving a hazy film.

Window and Mirror Cleaner

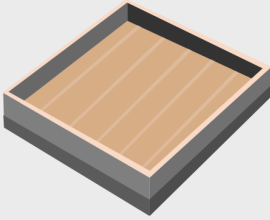


Ingredients: White vinegar and water

For INDOOR windows and mirrors: Put 1/4 cup white vinegar in a spray bottle and fill to the top with water. Spray on the surface. Rub with a lint free rag.

For OUTDOOR windows: Use a sponge and wash with warm water with a few drops of Murphy's or castile soap. Rinse well and squeegee dry.

Floor Cleaner



Ingredients: White vinegar and water

Mop with a mixture of 1/2 cup vinegar in a bucket of warm water. The vinegar odor will go away shortly after the floor dries.

Resources

Metro

Green cleaning recipes

503-234-3000

www.oregonmetro.gov

Environmental Working Group

Cleaning product ratings

<http://www.ewg.org/guides/cleaners>