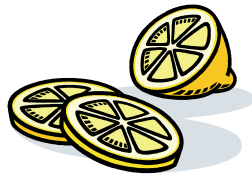


MY SHOPPING LIST



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To encourage youngsters to be kind to their environment, involve them in purchasing and using *green* products.



NYS Consumer Protection Board

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It's Easy Being *GREEN!*



Spring Cleaning Tips

from the

**New York State
Consumer
Protection Board**

www.nysconsumer.gov



Choosing nontoxic products to clean will make your household safer for your family while helping to preserve the environment. Here is

a list of the most common, inexpensive homemade cleaners. Follow all safety guidelines and protect your skin and eyes while cleaning so as not to cause irritation.

Baking Soda: Use this to remove odors in the refrigerator and acts as a great cleanser for porcelain, tile, glass, ovens, china and pans.

Borax: Acts as a water softener and sanitizer. Try adding a little in your washing machine to freshen laundry.

Castile Soap: This mild soap, usually made of olive oil which can be found in liquid or bar form, is a great all purpose cleaner! Try it in the tub and toilets with some baking soda or use it by itself to clean woodwork, tile and linoleum.

Cream of Tartar: Apply this common baking ingredient as a stain remover for sinks, bathtubs and even aluminum cook wear.

Lemon Juice: Try a little lemon juice to lighten stains and cut through grease. It is also a great tarnish remover for brass, copper, bronze and aluminum. Do not use on silver.



Washing Soda: A stronger alternative to baking soda, this ingredient can be used as a water softener with your laundry detergent. Handle with gloves and do not use on silk, wool or vinyl.

Make that Metal Shine

Sterling Silver: To clean silver, put a sheet of aluminum foil into a plastic or glass bowl. Sprinkle the foil with salt and baking soda and fill the bowl with warm water. Just soak your silver in the bowl and the tarnish will migrate to the aluminum foil. Finally, rinse, dry and buff your silver with a soft cloth.

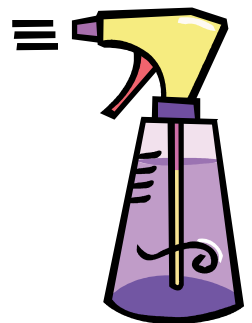


Brass, Copper, Bronze and Aluminum: To remove tarnish, rub metal with sliced lemons. For tough jobs, sprinkle baking soda on the lemon, then rub.



Freshening the Air

Vinegar and baking soda are great room fresheners. Vinegar deodorizes, while baking soda absorbs odors. A simple recipe of 1 teaspoon baking soda, 1 teaspoon vinegar (or lemon juice) and 2 cups hot water in a spray bottle can be spritzed in the air to remove odors. Zeolite, like baking soda, absorbs odor. Set out either in bathrooms and closets.



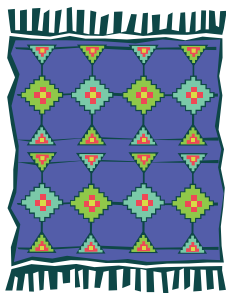
** The CPB acknowledges that the above recipes were adapted from the Children's Environmental Health Coalition's "Recipes for Safer Cleaners" as provided by GreenerChoices.org.*

Resources:

American Academy of Pediatrics, Children's Health Environmental Coalition, GreenerChoices.org, Public Health: Seattle & King County

Carpeting and Rugs:

Regular vacuuming will help keep carpets their cleanest. Sprinkle baking soda over the surface of the carpet and let it stand for 15 – 30 minutes before vacuuming to soak up and eliminate odors.



Wood Floors: Vinegar is a natural disinfectant, and it pulls dirt from wood. After a large party, use 1 cup vinegar per pail of hot water to clean wood floors. You can also use it on other types of floors as a gentle yet very effective floor cleaner. The vinegar smell disappears once dry!

Doing the Laundry

Laundry Brightener:

To brighten your wash, add 1/2 cup of strained lemon juice to the rinse cycle.



Fabric Rinse: Add 1/4 cup of vinegar to the washing machine's rinse cycle to remove detergent completely from clothes, eliminating that scratchy feel. This will not leave your clothes smelling like vinegar!

Detergent Booster: To reduce the amount of laundry detergent you need to use and save money, add baking soda or washing soda. These minerals soften the water, which increases the detergent's power. For liquid detergent, add 1/2 cup of soda at the beginning of the wash. For powdered detergent, add 1/2 cup of soda during the rinse cycle.

Bleach: Use hydrogen peroxide instead of chlorine bleach.

White Vinegar: Mix this with water and use to kill germs and deodorize all around the house. It is great on mirrors, linoleum floors, cookware, and countertops and even to clean out that dirty old coffee pot!

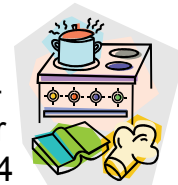
Spray Bottles: Purchase a few high quality spray bottles that you can label and keep your cleaning products in so that they are out of a child's reach.



Soft Cloths: A few good quality soft cloths with no lint can be used and reused for dusting.

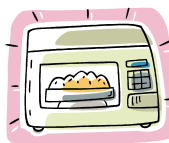
In the Kitchen

Ovens: To clean extra-greasy ovens, mix together 1 cup baking soda and 1/4 cup of washing soda, then add enough water to make a paste; apply the paste to oven surfaces and let soak overnight. The next morning, lift off soda mixture and grime; rinse surfaces well.



Countertops: For a "soft scrub," mix together baking soda and liquid castile soap until you get a consistency you like. The amounts don't have to be perfect. Make only as much as you need, as it dries up quickly.

Microwave Ovens: These appliances can be cleaned with a paste of 3-4 tablespoons baking soda mixed with water. Scrub on with a sponge and rinse.



Cutting Boards: Disinfect boards by spraying with vinegar and then with 3% hydrogen peroxide (available in grocery and drug stores). Keep the liquids in separate spray bottles and use them one at a time. It doesn't matter which one you use first, but both together are much more

In the Bathroom



Tub and Tile Cleaner: To clean your bathtub and tile, mix 1 2/3 cup baking soda, 1/2 cup liquid soap and 1/2 cup water and then add 2 tablespoons vinegar. Immediately apply, wipe, and scrub.

A Good All-purpose Disinfectant: Mix 2 teaspoons borax, 4 tablespoons vinegar and 3 to 4 cups hot water in a spray bottle. For extra cleaning power, add 1/4 teaspoon liquid castile soap to the mixture.

Toilet Bowl: To clean this fixture, pour 1 cup of borax into the toilet before going to bed. First thing in the morning, scrub and flush. For an extra-strength cleaner, add 1/4 cup vinegar to the borax.



Drains: Prevent clogged drains by using hair and food traps. To de-grease and sweeten sink and tub drains, pour 1/2 cup of baking soda down drain followed by 1 cup vinegar; let bubble for 15 minutes; rinse with hot water. You might have to repeat the whole procedure more than once or leave the baking soda and vinegar to "cook" overnight.

In the Living Room

General Dusting: This is best done with a damp cloth. Dry dusting simply stirs up dust and moves it around. Also, try 1 teaspoon olive oil per 1/2 cup vinegar.

Mix together in a bowl and apply with a soft cloth.



Furniture Polish: To create your own polish, mix olive oil and vinegar in a one-to-one ratio and polish with a soft cloth. In the alternative, look for food-grade linseed oil, often called omega-3 or flaxseed oil, rather than the type found in hardware stores to finish furniture. Linseed oil, sold for furniture use, often contains dangerous petroleum distillates to speed evaporation.

Windows: To clean windows, mix 3 tablespoons vinegar per 1 quart water in a spray bottle. Some recommend using half vinegar and half water. For extra-dirty windows try this: 1/2 teaspoon liquid soap, 3 tablespoons vinegar and 2 cups of water. Shake well. Use newspaper instead of paper towels to achieve streak-free windows.



Taking Care of Floors and Carpets

Linoleum: For extra grease-cutting, try this formula: 1/4 cup washing soda with 1 tablespoon of liquid soap, 1/4 cup vinegar and 2 gallons hot water. Put the washing soda in the bucket first and then slowly add the liquid ingredients. Caution: Do not use this formula on waxed floors! For an extra polish, combine 6 tablespoons of cornstarch per cup of water in a bucket.



Disinfect Floors: To sanitize floors, add 2 gallons of hot water to 1/2 cup of borax. (Put the borax in the bucket first, add water to avoid splashing.)