

## Low-Fume Home Cleaners



Many cleaners release fumes into the air when using them. Fumes can cause breathing problems or make you feel sick. There are cleaners you can make at home that work well and are non-toxic to you and the environment

Most of the ingredients you already have:

- Baking soda
- Salt
- Distilled white vinegar
- Lemon juice
- Liquid soap
- Rubbing alcohol
- Hydrogen peroxide
- Borax (mineral with no toxic fumes)

Making your own cleaners:

- **Buy** new empty bottles to store your “home-made” cleaners. Reusing bottles from other cleaners can cause a chemical reaction.
- **Label** the bottle with what is mixed inside or what it is used for.
- **Make** small amounts.
- **Store** extra cleaner in a safe place away from children and pets.
- **Keep away** from your eyes and do not swallow.

### All-Purpose Cleaner:

#### **Cleaner #1**

4 tablespoons baking soda

1 quart warm water

Dissolve baking soda in the water. Apply with a sponge. Rinse with clear water.

#### **Cleaner #2**

½ cup borax

1 gallon hot water

Dissolve borax in the water. Apply with a sponge or mop. Rinse with clear water.

#### **Cleaner #3**

1 teaspoon liquid soap

1 quart warm or hot water

Squeeze of lemon juice or a little vinegar (cuts grease)

Mix together. Apply with a sponge or mop. Rinse with clear water.

### All-Purpose Scouring Powder:

Sprinkle baking soda, borax **or** table salt on the surface to be cleaned. Scour and rinse.

### Toilet Cleaner:

Baking soda.

Sprinkle in toilet. Scour with a toilet brush.

**Cleaner #2**

1 cup Rubbing alcohol.  
Pour into toilet. Scour with a toilet brush.

**Cleaner #3 (heavy stains)**

1/3 cup lemon juice  
2/3 cup borax  
Mix into a paste. Flush toilet. Apply to stains and let sit 2 hours. Scour with a toilet brush.

**Wood Polish (Wood with an oil finish)**

3 parts olive oil  
1 part white vinegar  
Mix well. Apply with a soft cloth. Buff with a clean dry cloth.

**Wood Cleaner (Wood without oil finish)**

1/2 cup vinegar  
1 quart warm water  
Mix. Wipe surface with a dampened cloth or mop. Rinse with clear water. Dry well.

**Glass Cleaner**

1/2 half white vinegar  
1/2 cup water  
Mix. Spray onto surface with a pump-sprayer. Wipe dry with newspaper or paper towels.  
\*If the glass streaks, there is a buildup of store cleaners – use rubbing alcohol to remove.

**Mold and Mildew Cleaner****Cleaner #1**

1 cup hydrogen peroxide  
Spray on mildew stains. Scrub with a thin paste of lemon juice and borax. Rinse.

**Cleaner #2**

1 cup borax  
1 gallon warm water  
Dissolve borax in the water. Spray on mold. Wipe off. You can wash down shower walls to prevent mold growth. Do not rinse.

**Drain Cleaner**

1/2 cup baking soda  
1/2 cup white vinegar  
1/2 gallon boiling water  
Pour baking soda into the drain. Pour vinegar into the drain. Let sit 20 minutes. Pour boiling water into the drain. Let sit several hours then flush with tap water. If the drain is still clogged use a plunger or mechanical “snake” to open.

