

GREEN CLEANING TIPS



The average household contains anywhere from **3- 25 gallons of toxic materials**, most of which are in the form of **household cleaners**. No law requires manufacturers of cleaning products to list ingredients on their labels or to test their products for safety. It's up to you to make sure your home is not only clean, but also nontoxic.

Chemicals often found in common household cleaning products:

Chlorinated phenols found in toilet bowl cleaners can be toxic to respiratory and circulatory systems.

Diethylene glycol found in window cleaners can depress the nervous system.

Phenols found in disinfectants can be toxic to respiratory and circulatory systems.

Nonylphenol ethoxylate, a common surfactant (detergent) found in laundry detergents and all-purpose cleaners, is banned in Europe because it has been shown to biodegrade slowly into even more toxic compounds.

Formaldehyde found in spray and wick deodorizers and is a known respiratory irritant and suspected carcinogen.

Petroleum solvents in floor cleaners can damage mucous membranes.

Perchloroethylene, a spot remover, can cause liver and kidney damage.

Butyl cellosolve, common in all-purpose, window and other types of cleaners, has been shown to damage bone marrow, the nervous system, kidneys and the liver.

When replacing old chemical household cleaners with green alternatives, don't just throw the old ones in the trash. If they are too toxic for your home then they will not be good for the drain or the landfill either. Our local department of public works can tell you how to safely dispose of these hazardous household wastes. In Nashville, you can find all that information out on this website- <http://www.nashville.gov/recycle/hhw.htm>

You can also check out <http://www.goodguide.com/>, which is an on-line guide that rates cleaning supplies on their health, environmental, and social impacts.

The Turnip Truck has many green cleaning solutions available. Some of the brands available at both stores include: **Seventh Generation, Ecover, BioKlean, Earth Friendly, Sun & Earth, Grab The Green, Citra Solve, and Dr. Bronners.**

You can also make your own cleaning supplies using ingredients that can all be purchased at The Turnip Truck.

Homemade Natural Cleaning Solutions: Nontoxic recipes for effective cleaners.

Furniture Polish: Mix 1 teaspoon of lemon juice in 1 pint of mineral or vegetable oil. Apply a small amount to a clean cotton cloth and wipe wooden parts of furniture.

Rug Deodorizer: Deodorize dry carpets by sprinkling liberally with baking soda. Wait at least 15 minutes and vacuum. Repeat if necessary.

Mothballs: Use cedar chips or a sachet with any or all of the following: lavender flowers, rosemary, mint, white peppercorns.

Whitening Scouring Powder: Combine 1 cup baking soda, 2 teaspoons cream of tartar, 1/8 cup borax, 1/4 cup grated lemon, orange or grapefruit peel and mix well. Scrub using a damp sponge.

Glass Cleaner: Combine 1 1/2 cups vinegar, 1/2 cup water and 8 drops citrus essential oil in a spray bottle and shake well. Spray and wipe with a dry cloth or towel.

In fact, **VINEGAR** has many uses as an all-purpose cleaner. There is a great article that includes many everyday uses of vinegar in the January/February 2013 issue of Mother Earth Living magazine.

(<http://www.motherearthliving.com/healthy-home/natural-cleaning/versatile-vinegar-zmhz13jfmel.aspx>)

Many essential oil recipes can be found on Aura Cacia's website, as well-

<http://www.auracacia.com/store.php?Screen=recipes>

These are just a few examples. There is so much information nowadays that can easily be found on the internet or there are a few good books out about DIY cleaning as well. Do your research!