

Do-It-Yourself Home Cleaners

Clean your home faster, healthier, better and cheaper

White Vinegar & Water

Mildly acidic white vinegar dissolves dirt, soap scum, and hard water deposits from smooth surfaces, yet is gentle enough to use in solution to clean hardwood flooring. White vinegar is a natural deodorizer, absorbing odors instead of covering them up. (And no, your bathroom won't smell like a salad! Any vinegar aroma disappears when dry.) With no coloring agents, white vinegar won't stain grout on tiled surfaces. Because it cuts detergent residue, white vinegar makes a great fabric softener substitute for families with sensitive skin.

In the kitchen, use vinegar-and-water spray to clean countertops, lightly soiled range surfaces and backsplash areas. In the bathroom, use vinegar spray cleaner to clean countertops, floors, and exterior surfaces of the toilet. For really tough bathroom surfaces such as shower walls, pump up the cleaning power by pouring the solution into a pan and heating it until barely hot. Refill the bottle with the heated mixture. Spray shower walls generously, allow to stand for 10 to 15 minutes, then scrub and rinse. The heat helps soften stubborn soap scum and loosens hard water deposits.

Undiluted White Vinegar

Undiluted white vinegar straight from the jug makes quick work of tougher cleaning problems involving hard water deposits or soap scum. Using it in conjunction with baking soda and even a little salt is good for tough jobs.

Use undiluted white vinegar to scrub the inside of the toilet bowl. Before you begin, dump a bucket of water into the toilet to force water out of the bowl and allow access to the sides. Pour undiluted white vinegar around the bowl and scrub with a toilet brush to remove stains and odor. Use a pumice stone (the ones used to soften feet work great) to remove any remaining hard water rings.

Clean shower heads that have been clogged with mineral deposits with undiluted white vinegar. Place 1/4 to 1/2 cup vinegar in a plastic food storage bag, and secure the bag to the shower head with a rubber band. Let stand for 2 hours to overnight, then rinse and buff the fixture to a shiny finish.

Add one cup of undiluted white vinegar to the laundry rinse cycle instead of commercial fabric softener. White vinegar softens clothes and cuts detergent residue--a plus for family members with sensitive skin.

Baking Soda

Baking soda's mild abrasive action and natural deodorizing properties make it a powerful replacement for harsh commercial scouring powders.

Put baking soda to work in your home:

Sprinkle baking soda onto a damp sponge to tackle grimy bathtub rings, scour vanities, or remove food deposits from the kitchen sink. For tougher grime, make a paste of baking soda and water, apply to the tub or sink, and allow to stand for 10 to 20 minutes. Dirt, soap scum and deposits soften and are easier to remove.

Cleaner Recipes

Disinfectant

Mix 2 C water, 3T liquid soap, and 20-30 drops of tea tree oil.

Window Cleaner

2T white vinegar or lemon juice with a gallon water. Put in a spray bottle and wipe windows with newspaper to avoid streaks.

Oven Cleaning

Make a thick paste of baking soda and water. Coat the worst spots in the oven with paste and leave overnight. Clean with a stiff brush or scrub pad.

Laundry Fabric Softener

Add 1 c. of vinegar or 1/4 c. baking soda to laundry during the rinse cycle. This also helps keep the laundry smelling fresh if you've previously left the wash in the machine too long... like overnight! ;o) Sometimes when it's really bad (like when the wash is left for even more than a day) the best thing to do is add the vinegar to the rinse cycle and let it sit for at least an hour.

Carpet Freshener

Sprinkle baking soda on carpets and let sit for a while before vacuuming. You may add a few drops of one or more of your favorite essential oils to give you healthy, fresh scent.

Sink Drain Cleaner

Pour 1 c. of baking soda into drain, and then add 1 c. of vinegar. Mixture will foam and work on clog, let sit for a while before rinsing with boiling water. If sink is still clogged repeat. Also, to keep your kitchen sink smelling fresh, toss a lemon or orange peel down the disposal whenever you think about it. Just make sure there are no seeds still on the peel because they can get stuck in the disposal blades and be a real pain to get out.

Furniture Polish Recipe

Mix in a sprayer bottle:

1 cup olive oil

1/2 cup lemon juice

Shake well and apply a small amount to a flannel cleaning rag or cleaning cloth. Spread evenly over furniture surface. Turn cloth to a dry side and polish dry.



Other ways to create a greener household

Add Houseplants

In addition to what they can do for your mental health, houseplants can actually improve the air quality in your house.

Avoid Antibacterial Anything

Study after study shows that good old soap and water is just as effective as the chemical used to create antibacterial products. And if that isn't enough to convince you, it has also been linked to health issues in children, contributes to the creation of super bacteria, and is being found in our streams, lakes, oceans, and in aquatic animals.

No Air Fresheners

Most air fresheners contain chemicals known as phthalates. Studies are suggesting that these chemicals could cause cancer, reproductive problems, and developmental issues. You're better off misting a little water with baking soda, boiling cloves and cinnamon, or opening a window. You can also purchase essential oil diffusers, which will release phthalate free scents. Even better? Cook some delicious food to eat and you'll simultaneously make your house smell great.

**Borax and ammonia are natural substances but can still be toxic if ingested or inhaled. Use precaution when using these ingredients. Essential oils (tea tree and eucalyptus are great) to give your cleaning products a fresh scent.*


marquette food co-op

Open daily 8am - 9pm • Everyone Welcome
502 W. Washington St. Marquette, MI 49855
906-225-0671 • www.marquettefood.coop