Cleaning Product Alternatives

Commercial cleaning products can contain potentially harmful chemicals. Here are some alternatives!*

* It is important to know what goes into the products you use, but keep in mind that not all natural products are safer than man-made chemicals. Be sure to keep all cleaning products out of reach of children and pets.

Glass Cleaner:

Ingredients:
· 1/4 cup vinegar
· 1/4 cup rubbing alcohol
· 1 tablespoon cornstarch
· 2 cups water

Directions:
1. Combine ingredients in a spray bottle and shake well.
2. Spritz onto the dirty windows and mirrors.
3. Wipe off using old newspaper or a squeegee.

Carpet Stain Cleaner:

Ingredients:
· ½ cup liquid Castile soap
· 1 cup water

Directions:
1. Mix the Castile soap with the water and add to your soap pump.
2. You can add 10 drops of essential oil of your choice for a scent or leave unscented.

Mold/Grout Cleaner:

Ingredients:
· ½ cup hydrogen peroxide
· ½ cup water

Directions:
1. Mix hydrogen peroxide and water in a spray bottle.
2. Spray on mold/grout and let it sit for 45 minutes before wiping with a sponge and rinsing with warm water.

Counter-Top Scrub:

Ingredients:
· 2 Tbsp baking soda
· 2 tbsp water

Directions:
1. Sprinkle baking soda on counter-top. Dip or spray an old toothbrush, sponge, or rag with water and use to scrub the counter top.
2. Make sure to scrub off any residue!

Laundry Detergent:

Ingredients:
· 1 cup soap flakes (can grate bar soap)
· ½ cup washing soda
· ½ cup borax

Directions:
1. Stir together ingredients
2. Use 1 tbsp per regular sized load or 2-3 tbsp per large or heavily soiled load.

Safe to use in high-efficiency washers

Cleaning Spray:

Ingredients:
· 1 cup water
· 1 cup white vinegar

Directions:
1. Add ingredients into a spray bottle and shake.
2. Use to clean counter tops, tables, sinks, toilets, etc.

Dishwasher Rinse Aid:

Ingredients:
· 1 cup vinegar

Directions:
1. Put vinegar in a cup on the top rack of your dishwasher or pour into the bottom of the dishwasher during the rinse cycle.

You can also mix equal parts vinegar and water in a spray bottle to remove soap scum and hard water in the bathroom (and much more)!

Cinnamon Air Freshener:

Ingredients:
· 1 tsp cinnamon
· 1 cup water

Directions:
1. Simmer water with cinnamon in it in a small pot.
2. You can place the mixture into a diffuser in a central area of your home.

Dish Soap:

Ingredients:
· 1 ¼ cup boiling water
· 1 bar natural Castile soap
· ¼ cup liquid Castile soap
· 1 tbsp washing soda

Directions:
1. Grate the bar of soap until you have a tightly packed ¼ cup
2. Combine the grated soap and boiling water. Stir until dissolved.
3. Add washing soda and stir.
4. Add Castile soap and stir.
6. Store in a soap bottle.
7. Shake the mixture before use.

Resources:

To learn more about chemicals/products that impact your health, use this QR Code or link:
https://emoryhercules.com/community-engagement-activities/research-translations/everyday-chemicals-in-your-exposome-toxicants-in-our-homes/

To find similar recipes, use this QR Code or link:
https://www.uaex.uada.edu/environment-nature/water/quality/clean-green-homemade-cleaners.aspx

NOTE: You may choose to add a few drops of essential oil to any of these recipes, but please keep in mind that many people have sensitivities to fragrance, including essential oils.

HERCULES EXPOSOME RESEARCH CENTER

Learning how environmental exposures affect health and community well-being.
https://emoryhercules.com/

EMORY UNIVERSITY

HERCULES is funded by the National Institute of Environmental Health Sciences (Grant P30ES019776).
Icons provided by Piktochart and the Noun Project (Llisole and Parkjisun).