



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:

- 1/2 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:

- 1/2 cup hydrogen peroxide
- 1/2 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!

Dishwasher Rinse Aid:

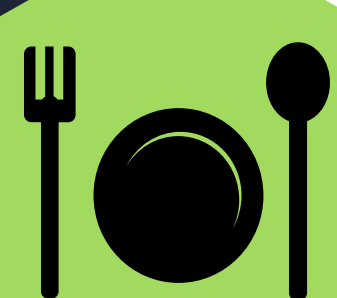
Ingredients:

- 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.

Laundry Detergent:

Ingredients:

- 14 cups very hot water
- 1 cup baking soda
- 1/2 cup salt
- 1 cup unscented liquid Castile soap
- 30 drops lavender essential oil (optional)

Directions:

1. Combine the hot water, baking soda and the salt. Stir well until completely dissolved and pour the mixture into a gallon-sized jug.
2. Add in the liquid castile soap and essential oil, if using. Swirl gently.
3. To use, shake the container to mix, then either pour 1/2 cup into the washer while it fills, or place it in the soap cup provided in your washing machine (Note: this was only tested in a top-loading HE washer.)



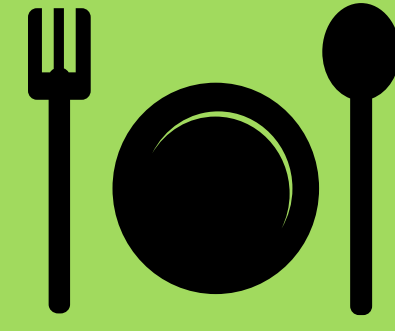
Dish Soap:

Ingredients:

- 1 1/4 cup boiling water
- 1 bar natural Castile soap
- 1/4 cup liquid Castile soap
- 1 tbsp washing soda
- 20 drops orange essential oil (or your preference)

Directions:

1. Grate the bar of soap until you have a tightly packed 1/4 cup of it.
2. Combine the grated soap and boiling water. Stir until dissolved.
3. Add washing soda and stir.
4. Add Castile soap and stir.
5. Let cool then add the essential oil. Feel free to substitute for your favorite scent or leave unscented.
6. Store in a soap bottle.
7. Shake the mixture before use.



Cleaning Spray:

Ingredients:

- 1 cup water
- 1 cup white vinegar

Directions:

1. Add ingredients into a spray bottle and shake.
2. Add a few drops of your favorite essential oil to the bottle, but if you have none the vinegar smell will go away once vinegar evaporates.
3. Use to clean counter tops, tables, sinks, toilets, etc.



Resources:



To learn more about chemicals/products that impact your health, use this QR Code or link:

<https://emoryhercules.com/community/community-resources/hercules-research-translations/>

Most of these recipes were adapted from "Natural Goddess DIY Homemade Green Beauty":



To find similar recipes, download their app using this QR Code or the following link:

<https://apps.apple.com/us/app/natural-goddess-diy-homemade-green-beauty-home-cleaning/id732221340>



Learning how environmental exposures affect health and community well-being.

<https://emoryhercules.com/>

