

Safe and effective cleaning ideas

Clean your home safely

# The Easy guide to natural cleaning



our environment *it's a living thing*

**Natural cleaning or 'green cleaning' is a way to clean your home with fewer cleaning products and safer alternatives – producing less waste and reducing the need for harmful chemicals.**

Most homes contain many more household cleaners than we really need. These cleaners create packaging waste that is disposed in landfill and the chemicals in the cleaning products can damage human health and the environment.

But we don't need to use all these cleaning products to have a clean house. To clean well, cheaply and safely throughout the home, all you need are the following basic ingredients (plus a little elbow grease).



## your natural cleaning kit

All these ingredients can be bought inexpensively from your local supermarket.

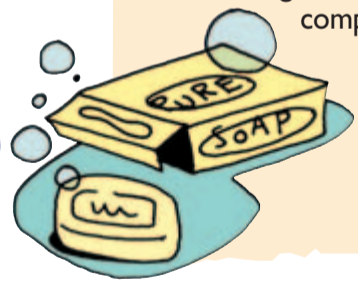
Bicarbonate of Soda (Baking Soda) cleans, deodorises, softens water and is a good scouring powder. Keep in a flour shaker to keep it dry.



White vinegar cuts grease and is a deodoriser and mild disinfectant. Mix half and half with water and store in a spray bottle.



Pure Soap is a general purpose cleaner that biodegrades completely.



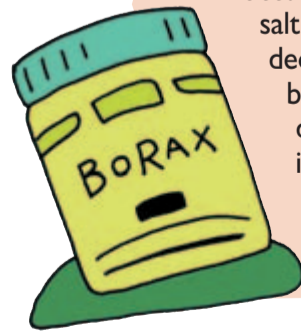
Lemon juice is a mild bleach, a deodorant and a cleaning agent.



Washing Soda cuts grease and removes stains.



Borax is a naturally occurring mineral salt. It cleans, deodorises, bleaches and disinfects. Borax is also used to control pests such as ants and cockroaches.



## how to green clean

There are just **THREE** things to remember to green clean.

**REDUCE ♦ BE SMART ♦ THINK SAFE**

**REDUCE** the use of household cleaners by buying less, using less and looking for natural, safer alternatives.

**BE SMART** when you shop, read the label to avoid buying the more toxic product and buy only what you need.

**THINK SAFE** when handling and storing cleaners and dispose of them legally and safely.



## All-purpose cleaner

Warm water mixed with pure soap or white vinegar is a cheap and easy general cleaner for throughout the home.



## In the bathroom

**TOILET CLEANER** Make a paste from borax and lemon juice for cleaning non-septic toilet bowls.

**CERAMIC CLEANER** Clean tiles, sinks, toilets and baths with bicarbonate of soda using a damp cloth.

**MIRROR CLEANER** Apply eucalyptus oil with a wad of newspaper to prevent mirrors fogging.



## In the kitchen

**SURFACE CLEANER** Use bicarbonate of soda on a damp cloth to clean benchtops, sinks, windows and your refrigerator or freezer surfaces.

**DISHWASHING DETERGENT** Use pure soap to wash dishes and add white vinegar to the rinse water to give glasses an extra shine.

**OVEN CLEANER** Avoid caustic oven cleaners. Wipe the oven down while still warm with a soapy cloth.

## In the living room

**CARPET CLEANER** Sprinkle bicarbonate of soda on carpet before vacuuming to deodorise. It's also a great stain remover. Just vacuum or brush up when dry.

**WINDOW CLEANER** Add half a cup of vinegar to a litre of warm water for an effective window cleaner. Wash the window first with warm soapy water if especially dirty. Use crumpled newspaper moistened with vinegar to get a beautiful sheen.



## In the laundry

**BLEACH** Use one cup of lemon juice in a half bucket of water and soak overnight, or substitute half a cup of borax per washload to whiten whites and brighten colours.

**STAIN REMOVER** Use eucalyptus oil to remove stains before washing. Simply apply a few drops and let it evaporate.

**LAUNDRY DETERGENT** To make a cheap, environmentally friendly and safe laundry detergent, mix one third of a cake of pure soap (grated) with one third of a cup washing soda. Dissolve in hot water in a bucket and top up with water. The mixture will set to a soft gel. Use 2-3 cups per wash.



## In the car

**BATTERY CLEANER** Clean battery terminals with a mixture of 2 teaspoons of bicarbonate of soda with 1 litre of water and apply generously. Vaseline smeared around the base of the terminals will prevent further build up.

**POLISH** Give your car a normal wash. Allow it to dry, then sprinkle cornflour over the duco. Polish it in and off to give that extra sheen.

**CHROME POLISH** Use flour or bicarbonate of soda using a dry, clean cloth

**TAR REMOVER** Moisten a cloth with eucalyptus oil and rub clean.

**SOME MORE HINTS** Get rid of that new car smell by wiping vinyl surfaces with a strong solution of vinegar, and air well. A soft cloth moistened with vinegar is great for cleaning windscreens and windows. An open container of bicarbonate of soda absorbs odours, especially doggy and stale cigarette smells. And don't forget to wash your car on the lawn!



There are many good publications on green cleaning and natural alternatives to chemical cleaners. Try your local library, the Australian Consumers Association, your local environment centre or the Department of Environment and Conservation (NSW) on 131 555

