



## *Recipes for a Healthy Home*

### General Household Cleaners

Purpose	Less-Toxic Alternative
<b>General Household Cleaner</b>	Baking Soda
<b>Furniture Polish</b>	1 tablespoon lemon oil in 1 pint mineral oil
<b>Linoleum Floor Cleaner</b>	1 cup white vinegar + 2 gallons water
<b>Oven Cleaner</b>	2 tablespoons liquid soap + 2 teaspoons borax + warm water
<b>Toilet Bowl Cleaner</b>	Paste of borax + lemon juice
<b>Tub &amp; Tile Cleaner</b>	1 cup baking soda + 1 cup white vinegar + warm water
<b>Window Cleaner</b>	2 tablespoons vinegar in 1 quart warm water
<b>Wood Polish</b>	3 parts olive + 1 part white vinegar; almond or olive oil (interior unvarnished wood only)

### Dishes

Purpose	Less-Toxic Alternative
<b>Coffee cup stain remover</b>	Moist Salt
<b>Dish Detergent; Grease Cutter</b>	1 cup baking soda + usual amount of liquid detergent

### Stain/Spot Removers

Purpose	Less-Toxic Alternative
<b>Coffee Cup Stain Remover</b>	Moist Salt
<b>Grease Removal</b>	Borax on damp cloth
<b>Ink Spot Remover</b>	Cold water + 1 tablespoon cream of tartar + 1 tablespoon lemon juice
<b>Mildew Remover</b>	Equal parts of vinegar and salt
<b>Oil Stain Remover</b>	White chalk rubbed into stain before laundering
<b>Spot Remover</b>	Club soda, lemon juice, or salt
<b>Wine Stain Removal</b>	Salt

### Laundry

Purpose	Less-Toxic Alternative
<b>Bleach</b>	Borax

<b>Laundry Detergent</b>	Basic soap
<b>Perspiration Spot Remover</b>	Baking soda
<b>Rust Removal (Clothing)</b>	Lemon Juice + salt + sunlight
<b>Scorch Mark Removal</b>	Grated onion

### Personal Care

Purpose	Less-Toxic Alternative
<b>Hand Cleaner: Paint/Grease</b>	Baby Oil
<b>Shaving Cream</b>	Brush and shaving soap

### Metals

Purpose	Less-Toxic Alternative
<b>Aluminum Spot Remover</b>	2 tablespoons cream of tartar + 1 quart hot water
<b>Copper Cleaner</b>	Lemon Juice + Salt
<b>Silver Polish</b>	1 quart warm water + 1 tablespoon baking soda + piece of aluminum foil + 1 tablespoon salt in glass dish; soak silver, rinse and dry
<b>Stainless Steel Polish</b>	Mineral oil

### Rug & Carpet

Purpose	Less-Toxic Alternative
<b>Pet Odor Remover</b>	Cider vinegar
<b>Rug/Carpet Cleaner</b>	Club Soda

### Drains & Plumbing

Purpose	Less-Toxic Alternative
<b>Drain Cleaner</b>	Plunger followed by 1 cup baking soda + 1 cup vinegar + 2 quarts boiling water
<b>Garbage Disposal Deodorizer</b>	Used Lemons

### Lawn & Garden

Purpose	Less-Toxic Alternative
<b>Fertilizer</b>	Compost and vermicompost

### Other

Purpose	Less-Toxic Alternative
<b>Car Battery Corrosion</b>	Baking Soda + Water
<b>Paint (oil based/stain/spray)</b>	Water-based, non-aerosol paints
<b>Paint Brush Softener</b>	Hot Vinegar
<b>Water Softener</b>	1 cup vinegar

Source: *Alternative Household Cleaning Solutions*, National Environmental Services Center