How to prepare the “Green Cleaning – Recipes for a Healthy Home” recipes:

- The following pages, “Green Cleaning – Recipes for a Healthy Home,” should be printed back to back on heavy weight paper.
- The odd number recipes will be on top and the even number printed to the back.
- Each recipe can then be cut apart and laminated (or you could laminate the entire page and then cut each recipe apart).
- Punch a hole in the open space on the upper left area of each recipe.
- Be careful not to place the hole near the edge of the recipe, where it might tear during use.
- Stack the individual recipes with the odd number recipes on the top.
- Use a ring to hold them together.

Keep your recipes with your green cleaning supplies.

Sample recipe:
**FURNITURE POLISH**
1 lemon
1 teaspoon olive oil
1 teaspoon white vinegar

Mix the ingredients and apply with a sponge or cloth. For streak-free results, wipe dry with a lint-free cloth.
Green Cleaning
Recipes for a Healthy Home

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ALL-PURPOSE CLEANER #1
3 tbsp. white vinegar
½ tsp. washing soda
½ tsp. vegetable oil based liquid soap
2 cups hot water
Mix ingredients in spray bottle or bucket. Apply and wipe clean.

FLOOR CLEANER
For greasy, no-wax floors:
1 cup white vinegar
¼ cup washing soda
1 tablespoon vegetable oil-based liquid soap
2 gallons hot water
Combine all ingredients, stirring well to dissolve the washing soda. Mop as usual.

WOOD CLEANER
2 tbsp. olive oil
2 tbsp. white vinegar
¼ cup lemon juice
Mix ingredients. Using a soft cloth, rub into the wood, in the direction of the grain.

DRAIN CLEANER
For slow drains, use this drain cleaner once a week to keep drains fresh and clog-free.
½ cup baking soda
1 cup white vinegar
1 gallon boiling water
Pour baking soda down drain/disposal, followed by vinegar. Allow the mixture to foam for several minutes before flushing the drain with boiling water.

OVEN CLEANER
2 tbsp. vegetable oil based liquid soap
2 tbsp. borax
Mix the soap and borax in a spray bottle. Fill the bottle with hot water and shake well. Spray on oven and leave for 20 minutes. Scrub off.
Green Cleaning

**NON-ABRASIVE SOFT SCRUBBER**

1/4 cup borax  
vegetable oil based liquid soap  
1/2 tsp. lemon essential oil

In a bowl, mix the borax with enough soap to form a creamy paste. Add lemon oil and blend well. Scoop a small amount of the mixture onto a sponge, wash the surface, then rinse well.

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**FURNITURE POLISH**

1/4 cup melted Beeswax  
1 cup olive oil  
1 teaspoon lemon juice

Carefully pour the melted beeswax slowly into a heat resistant bowl containing the olive oil and lemon juice. Slowly stir with a wooden spoon. The mixture will thicken as it cools to the consistency of smooth peanut butter.

To use: Work a small amount into wood using a soft cotton cloth (or repurpose an old t-shirt). Buff to a soft glow.

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**REFRIGERATOR CLEANER**

2 tbsp. baking soda  
1 quart warm water

Dissolve baking soda in water. Use to wipe all surfaces inside and out. For stubborn spots, rub with baking soda paste. Be sure to rinse with a clean, wet cloth.

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**LAMINATE FLOOR CLEANER**

For engineered wood and no-wax floors.  
1/2 cup white vinegar  
1 gallon warm water

Mix ingredients. Avoid overwetting the floor by using a spray bottle to apply the mixture to the floor. Mop as usual (microfiber mops work best).

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**非研磨性软性刮板**

1/4杯硼砂  
食用油基液体肥皂  
1/2茶匙柠檬精油

在碗中混合硼砂与足够的肥皂，形成奶油状糊状。加入柠檬油并搅拌均匀。舀一小撮混合物在海绵上，清洗表面，然后冲洗干净。

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**木器抛光**

1/4杯熔化的蜂蜡  
1杯橄榄油  
1茶匙柠檬汁

小心地将熔化的蜂蜡慢慢倒入装有橄榄油和柠檬汁的耐热碗中。慢慢用木勺搅拌。混合物会冷却并变稠，使其达到光滑花生酱的质地。

使用：将一小撮混合物涂抹在木器上，使用柔软的棉布（或重用旧t恤）。打蜡至柔软光泽。

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**冰箱清洁剂**

2汤匙小苏打  
1夸特温水

将小苏打溶解于水中。用于擦拭内部和外部的所有表面。对于顽固污渍，抹上小苏打糊状物。确保冲洗时使用干净的湿布。

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**地板清洁剂**

适合人造木和无蜡地板。  
1/2杯白醋  
1加仑温水

混合成分。避免地板过湿，使用喷雾瓶将混合物涂抹到地板上。用毛巾擦拭（微纤维布效果最好）。

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**垃圾处理机清洁剂**

1杯冰  
使用的柠檬或橙皮

为消除垃圾处理机的异味并清洁和锐化刀片，将冰和皮磨成粉末。
Green Cleaning

PLUMBING FIXTURE CLEANER #1
Use to clean stainless steel, chrome, fiberglass, ceramic, porcelain or enamel fixtures.

- 2 tbsp. baking soda
- 1 quart water

Dissolve the baking soda in the water. Wipe on fixtures then rinse.

TOILET BOWL CLEANER

- 1 cup borax
- ½ cup white vinegar

Flush to wet the sides of the bowl. Sprinkle the borax around the toilet bowl, then spray with vinegar. Leave for several hours or overnight before scrubbing with a toilet brush.

NO-STREAK GLASS CLEANER

- ¼ cup white vinegar
- 1 tbsp. cornstarch
- 1 quart warm water

Mix the ingredients and apply with a sponge or pour into spray bottle and spray on. For lint-free results, wipe dry with crumpled newspaper, buff to a shine.

WHERE TO FIND INGREDIENTS:

- **washing soda** (sodium carbonate) • available in the laundry aisle of the grocery store
- **borax** (sodium borate) • available in the laundry aisle of the grocery store
- **vegetable oil based liquid soap** (common name: castile soap) • available in health food and natural food stores
- **essential oils** • available in health food and natural food stores

GARBAGE CAN DEODORIZER

- 1 cup baking soda
- 1 tsp. tea tree oil

Mix together in a small bowl, working out all the lumps with a fork. Sprinkle the mixture in the bottom of the trash can after the liner is removed. Periodically rinse container with white vinegar and dry in the sun.
PLUMBING FIXTURE CLEANER #2

Hard lime deposits around faucets can be softened for easy removal by covering the deposits with vinegar-soaked paper towels.

- white vinegar
- paper towels

Soak paper towels in vinegar and leave them on surface. Wipe clean after about an hour.

FRAGRANT KITCHEN CLEANSER

2 tbsp. white vinegar
2 pints water
4 drops essential oil (lavender, tea tree oil, lemon, lemongrass, or rosemary)

Combine ingredients in spray bottle and use as a final rinse after cleaning kitchen surfaces. Store in a cool, dark place.

MIRROR & WINDOW POLISH

For sparkling glass.

- cornstarch
- water

Mix together cornstarch and water to make a paste. Use a soft cloth to apply the paste to the mirror. Rub gently then wipe clean with a soft cloth.

TUB & TILE CLEANER

- white vinegar
- baking soda or non-iodized salt

To remove film buildup on bathtubs, apply vinegar full-strength to a sponge and wipe. Next, use baking soda or salt as you would scouring powder. Rub with a damp sponge and rinse thoroughly with clean water.

COPPER & BRASS CLEANER

Not for use on lacquered finishes.

- lemon juice
- salt, non-iodized
- cornstarch

Mix equal parts of salt and cornstarch with lemon juice to make a paste. Apply to surface with a soft rag. Rub gently. Rinse with warm water and mild dish soap. Dry with a soft cloth.