



Clean Green

BEST PRACTICE AREA: ENVIRONMENTALLY PREFERRED PURCHASING

DID YOU KNOW?

It's only during the last 60 or so years that synthetic cleaning products have become commonplace, even though soap and soap-like cleansers have been in use since 2800 B.C.

Many modern cleaning products, especially detergents, were introduced to the public during World War II when a shortage of ingredients used to make soap caused companies to come up with synthetic detergents and cleaning products.

DO YOUR HOMEWORK

Homemade cleaning products are not always environmentally friendly, so take some time to research the effects of the ingredients on the environment if you are trying to make your own "green" cleaning products.

START SIMPLE

Carpet Cleaner– sprinkle bicarbonate of soda on the carpet before vacuuming to deodorize. It is also a great stain remover.

Window Cleaner– Add vinegar to warm water for an effective window cleaner. Wash the window first with soapy water. Use crumpled newspaper moistened with vinegar to get beautiful sheen.

Toilet Cleaner– make a paste from borax and lemon juice for cleaning toilet bowls.

Ceramic Cleaner– to clean tiles, toilets, and bath use bicarbonate of soda using a damp cloth.



WHAT IS GREEN CLEANING?

Green cleaning is a safer, lower cost and less wasteful way to clean your home. Most homes contain many more household cleaners than needed. These cleaners create packaging waste that is disposed in landfill and the chemicals in cleaning products can damage human health and the environment. Also, natural cleaning substitutes traditional cleaners with cleaning solutions that contain fewer or less-toxic substances.

CHOOSE CLEANERS WISELY

Here are some easy tips that can help green your products:

- Neutral pH levels and have no known carcinogens
- Low or no Volatile Organic Compounds (VOCs)
- Biodegradability
- Less packaging
- Other positive health or environmental attributes

SIMPLE PRACTICES TO CLEAN GREEN

- 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. Also, clean areas when unoccupied.
- All Purpose Cleaner is warm water with pure soap or white vinegar. It is a cheap and an easy general cleaner for use throughout the home.
- Dispose properly of cleaning products in a safe and environmentally friendly way.

CREATE NATURAL CLEANING KIT

To clean cheaply, naturally and safely throughout the home, there are many alternatives that involve using basic ingredients, and of course a little elbow grease. A natural cleaning kit could include:

- **White Vinegar** which cuts through grease and is a deodorizer
- **Bicarbonate Soda** (baking powder) cleans, deodorizes, softens water and is a good scouring powder
- **Pure Soap** is a general purpose cleaner that is completely biodegradable
- **Lemon Juice** is a whitener, a deodorant, and a cleaning agent
- **Washing Soda** cuts through grease and removes stains
- **Salt** can be used to scour cookware and polish copper pans
- **Borax** is a naturally occurring mineral salt– it cleans, deodorizes, bleaches, and disinfects (Borax is also used to control pests such as ants and cockroaches)

Glass and Mirror Cleaner– use newspaper with vinegar. To prevent mirrors from fogging apply eucalyptus oil with a wad of newspaper.

Surface Cleaner– use bicarbonate of soda on a damp cloth to clean counter tops, sinks, windows and your refrigerator and freezer surfaces.

Dishwashing Detergent– use pure soap to wash dishes and add white vinegar to rinse water and give glasses an extra shine.

Bleach– use a cup of lemon juice in water and soak overnight.

