

GOING GREEN & KEEPING CLEAN

BACKGROUND

Cleaning is an essential part of healthy living. Did you know that some household cleaners contain harsh chemicals? These chemicals are washed away into our drains, sewer systems and ultimately our water after use. An excess of these chemicals causes adverse environmental impacts, such as algal blooms or even contaminated drinking water. Switching to more natural cleaning products is a great way to help protect our water quality and encourages healthy ecosystems.

MATERIALS

- Vinegar
- Baking Soda
- Water (1 Gallon or 4 Lt)
- Citric Acid
- Essential Oils (Citrus or Other)
- Liquid Soap
- Vegetable Oil
- Crushed Garlic (Approx 1 bulb)
- Strainer
- Assorted bowls/spoons
- Measuring Cups
- Empty Jar for storage
- Empty Spray Bottle x2



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PROCEDURE

All-Purpose Household Cleaner:

1. Mix together 1 2/3 cups baking soda and 1/2 cup liquid soap in a bowl
2. Dilute the mixture with 1/2 cup water
3. Add 2 tablespoons of white vinegar.
4. Stir the mixture with a fork until any lumps dissolve. Pour the liquid into a spray bottle. Shake well before using.
5. Spray on the area to be cleaned, scrub with a sponge or rag, and rinse off with water. You'll want to keep the solution covered between uses.

Toilet Bombs:

1. Mix 1 cup Baking Soda with 1/4 Cup of Citric Acid
2. Add 20 Drops of Sweet Lemon Essential Oil (or oil of choice)
3. Knead the mixture with your hand and then place in a mold
4. Allow these to dry overnight and place them in a mason jar to store

These bombs can be placed in the toilet bowl or tank, allow them to fizz and clean then simply flush them away!



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PROCEDURE

Organic Garlic Garden Spray:

1. Put the crushed garlic into the strainer and extract the liquid into a clean bowl
2. Mix 1/8th of a cup of vegetable oil with 1/8th of a cup of dishwashing liquid into the garlic liquid
3. Mix in 1 litre of water into the mixture
4. Take your mixture and pour it into a spray bottle and shake

This spray is great to use for pests, such as aphids, in your garden.

