Golden Rule to Remember:
Water is the universal solvent. Many jobs can be done with H2O alone.

Recipes

All-purpose cleaner:
2 tbsp vinegar, 1 tbsp borax, 1 1/2 cup water, 1/4 cup castile soap, 10 drops of essential oils. Mix in 16oz spray bottle, adding soap and oil last.

Tub & tile scrub: Moisten surface and sprinkle on baking soda. Wipe with wet cloth.

Windows: 3 tbsp vinegar and 1 qt water

Furniture polish: Mix olive oil and vinegar in a one-to-one ratio.

Quick Tips

Choose

• Simple cleaners you make yourself.
• Commercial, non-toxic cleaners that disclose ingredients.

Avoid

• Products that say poison, warning, or danger.
• Products with unidentified “fragrances.”
• Misleading claims like “natural,” “environmentally-friendly,” and “biodegradable” which are not regulated.
• The top toxins: nonylphenol ethoxylates (NPEs), triclosan, ammonia, chlorine bleach, DEA, TEA, hydrochloric acid, sodium hydroxide, and sulfuric acid.

Non-toxic Cleaning Tool Kit:
Spray bottles (always label your mixtures)
Microfiber cloth
Castile soap
Vinegar
Borax
Baking soda
Lemon juice
Hydrogen peroxide
Disinfecting essential oils: thyme, tea tree, cinnamon, clove, lavender, rosemary, or lemon

Preferred Products:
Activeion
Dr. Bronner's
Earth Friendly Products
Ecover
Method
Mountain Green
Restore
Seventh Generation
Shaklee

Inclusion in this list does not imply endorsement. Some products are better than others, but are all preferable to conventional cleaners.