

DIY GUIDE FOR A NON-TOXIC HOME

Recipes and swaps for non-toxic cleaning



THE BUILDING BLOCKS

Old-school, basic ingredients that can form the building blocks of your non-toxic cleaning toolkit for you home:

INGREDIENT	GOOD FOR
White vinegar	Glass, blood stains, toilet, mold remover, odor remover
Lemon	Wood furniture (mixed with olive oil), odor remover, protein stains
Salt	Fabric stains, sweat stains, lime buildup in sink or shower
Baking soda	Tile grout, pots & pans, carpet, stained cups, oven, grease and oil stains
Liquid castile soap	General cleaning
Soapnut	Laundry, fabrics
Hydrogen peroxide	Underarm stains, collar stains, blood, stubborn dark food stains

Remember to dilute when necessary and test on a small segment of the surface or item you are cleaning.

Note: never mix hydrogen peroxide with vinegar in a closed container, dangerous vapors can form.

Now, using these basic ingredients, we can put together a few basic DIY cleaning products.

ALL-PURPOSE CLEANING SOLUTION

Ingredients

- 1 part white vinegar
- 4 parts water
- 1 tablespoon liquid castile soap
- (Optional) 10-15 drops of essential oil

Directions

Mix the ingredients in a spray bottle and use on hard surfaces.

FABRIC CLEANER OR LAUNDRY DETERGENT

Ingredients

- 1 part white vinegar
- 20 deseeded soap nuts
- 4 cups of hot water
- (Optional) 8 drops of essential oil

Directions

- Add soap nuts to hot water and allow to sit for 30 minutes - 1 hour
- Cover the pan and boil over low heat for another 30 minutes
- Strain into a mason jar and allow to cool
- (Optional) Once solution has cooled, add essential oils of your choice

STAIN REMOVER

Ingredients

- 1/4 cup 3% hydrogen peroxide
- 2 tablespoons liquid castile soap
- 15 drops of lemon essential oil

Directions

- Combine ingredients in a bowl
- Mix and pour into a dark glass spray bottle (hydrogen peroxide is sensitive to light, and essentials oils are better stored in glass containers)
- Shake well to combine
- Store out of direct sunlight in a cool place

We hope that you will try out these simple recipes and find a combination that works for you!

If DIY is not the route you want to go, we also hope that this would inspire you to do your own further research on the many non-toxic, effective cleaners available out there.