

How to Green Your Cleaning

Living Green



What is Green Cleaning?

- Using non-toxic (chemically-reactive) cleaning products
- Using products that are manufactured, packaged, and distributed in an environmentally-friendly way
- Disposing of products in an environmentally-responsible way

Why Clean Green?

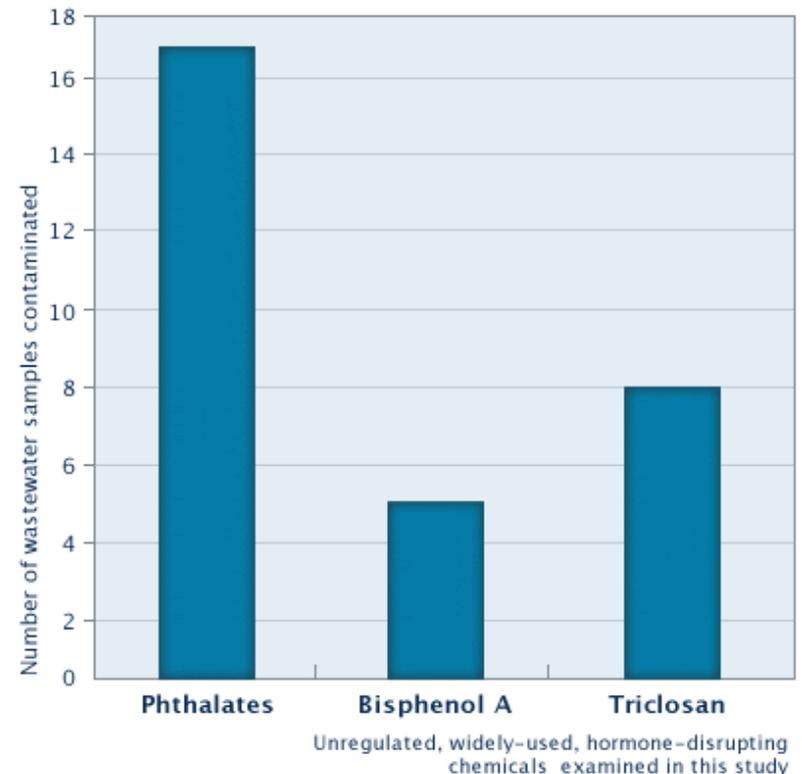
- Protect you and your family's health against
 - **A**sthma &Allergies
 - **B**irth/developmental defects
 - **C**arcinogens
- Protect the environment against
 - **S**oil health deterioration
 - **O**zone depletion
 - **A**ntibiotic-resistant bacteria
 - **R**iver quality decline

Ingredients to Avoid

- Alkylphenol ethoxylates (APEs)
- Ammonia
- Antibacterial cleansers containing triclosan
- Butyl cellosolve (aka butyl glycol, ethylene glycol monobutyl)
- Chlorine bleach
- Diethanolamine (DEA)
- Fragrance – contains phthalates
- Phosphates
- Sodium hydroxide
- Sodium lauryl sulfate

Down the Drain, Environmental Working Group

- Phthalates carry synthetic fragrances; make them last longer
 - Air “fresheners”
- Triclosan is the antibacterial chemical



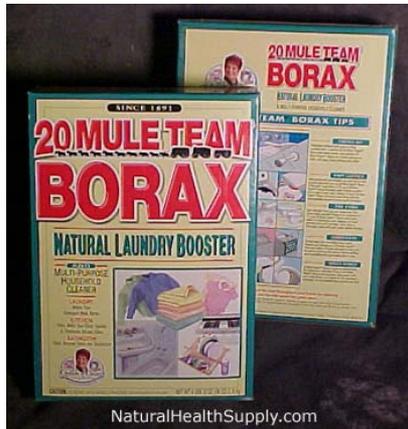
Steps You Can Take Now

- Begin phasing out your more toxic products
 - Separate products with signal words – *poison*, *danger*, *warning*, *caution*, – for Hazardous Household Waste. Don't dump them!
- Buy environmentally friendly products
 - Eco-friendly products do not contain dangerous chemicals, synthetic dyes/fragrances, or phosphorous and will biodegrade in the waste stream

Steps You Can Take Now

- Make your own for less with only a few basic ingredients
 - Pure Soap (ie, Dr. Bronners)
 - Baking Soda
 - Borax
 - Washing Soda
 - Table Salt
 - White Distilled Vinegar / Lemon Juice
 - Essentials Oils (optional)

Your Green Cleaning Kit



Recipes

- Soft Scrubber: Castille Soap, Baking Soda, Essential oil
 - In equal parts stir soap into soda and use within 1 month. If it hardens, add water.
- All Purpose Spray: ½ tsp Borax, 2 tsp Washing Soda, ½ tsp Castille Soap
 - Pour 2 cups very warm water into spray bottle, shake and spray! Allow to set for hard dirt.

Example: All Purpose Spray



***Information on this slide added by Ecology
when compiling notes for October 2009
meetings.***

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Additional Information Provided by Argyle

- Link to “Is Your Home Healthy”
 - http://livinggreensnap.org/sept2009back_012.htm
- Link to “Basic Recipes”
 - http://livinggreensnap.org/sept2009back_006.htm