Easy and Safe Cleaning for Your Home

Learn how to make your own cleaning products and reduce your exposure to harmful chemicals.

Home Cleaning Essentials

<table>
<thead>
<tr>
<th>White Vinegar or Lemon Juice</th>
<th>Plain Liquid Soap</th>
<th>Baking Soda</th>
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</thead>
<tbody>
<tr>
<td>Cuts grease and smells fresh.*</td>
<td>Use soap without fragrances or antibacterials. Castile soap is a good option.</td>
<td>Cleans and deodorizes, also a good scouring powder.</td>
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<td>* Spraying undiluted vinegar is not recommended if you have asthma.</td>
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<tr>
<td>Hydrogen Peroxide (3% Solution)</td>
<td>Microfiber Cloth</td>
<td>Scrub Brush or Scrubbing Pad</td>
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Cleaning Need

Safer Alternatives**

**All-Purpose Cleaning Solution**
- Mix liquid soap and water (soapy water).
- Mix liquid soap with 1 tbsp. of baking soda, then add juice of one lemon and water.

**Window, Glass, and Mirror**
- Indoors, use plain water and a microfiber cloth.
- Outdoors, add a small amount of plain liquid soap to water if desired.

**Countertops, Floor & Appliances**
- Use the all-purpose cleaner above.
- Use plain water and a microfiber cloth.

** When cleaning, either with home recipes or store-bought products, always ventilate the space by opening doors and windows and wear rubber gloves.

SF Environment
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Air Freshener
- Keep home and closets clean and well-ventilated.
- Simmer water with cinnamon sticks, orange peel, or cloves.
- Sprinkle baking soda in bottom of trash can.
- Insert cloves into whole orange.
- Place a bowl of baking soda in refrigerator and replace periodically.

Drain Cleaner
- Pour 1/4 cup baking soda into drain, followed by 1/2 cup vinegar. After 15 minutes, pour 2 quarts boiling water down the drain.

Oven Cleaner
- Use baking soda or a scouring powder that does not contain bleach.
- Make a paste with 1/4 cup baking soda, 2 tbsp. salt, and hot water. Let paste sit for 5 minutes and then use a good scrub brush.

Sink, Tub, and Tile
- Dilute 2-3 tbsp. of liquid soap in water and clean with a good scrub brush.
- Use scouring powder that does not contain bleach.
- Mix hydrogen peroxide (3% solution) with plain liquid soap and baking soda.

Toilet Bowl
- Pour 1/4 cup baking soda into a bowl and sprinkle with vinegar. Let sit for 1/2 hour, then brush.
- Wipe toilet seat and rim with hydrogen peroxide (3% solution) – acts like a disinfectant.

Mold & Mildew Remover
- Let vinegar sit on mold, then clean with soapy water.
- Mix liquid soap, baking soda, and 2 capfuls of hydrogen peroxide (3% solution). Let sit on surface, then clean with soapy water.

Wood Furniture Polish
- Use a microfiber cloth to dust and polish.
- Use a small amount of olive oil on unfinished wood.