

---

# 5 Simple Ways to Clean Green

**M**aking your own green cleaners will save money, and you won't sacrifice performance; most green cleaners work just as well as their commercial counterparts.

Perhaps the most compelling reason is to keep toxic chemicals out of your home. The EPA notes that many store-bought cleaners contain volatile organic compounds (VOCs), some of which are suspected or known to cause cancer in humans.

Just five basic ingredients that are probably already in your home will tackle most cleaning jobs.

## Stock your Cleaning Cabinet

With these, you can clean just about everything.

1. White vinegar
2. Baking soda
3. Club soda
4. Lemon juice
5. Liquid castile soap



morguefile, pippalou

## The Basic Five at Work

Here are a few recipes to get you started:

- All-purpose cleaner: Put ½ tsp. baking soda and a dab of castile soap into a spray bottle with 2 cups very hot tap water. Shake to dissolve. The spray will keep indefinitely.
  - Bathroom cleaners: For a scouring scrub, combine ½ cup baking soda with enough liquid soap to achieve a frosting-like consistency. Optional: add 5-10 drops of an essential oil for fragrance. Club soda works wonders on plumbing fixtures.
  - Toilet cleaner: Sprinkle baking soda or pour white vinegar into the toilet, and let sit for a few minutes. Scrub with a toilet brush.
  - Glass cleaner: Use club soda in a spray bottle and scrub with terry cloth cotton. Add 1 tsp. of lemon juice to increase your window cleaner's degreasing power.
-