



## **Baking Soda**

<http://nourishingsimplicity.org/2012/03/simple-cleaning-tips-part-2-baking-soda.html>

There are so many uses for baking soda; here are just a few ideas to get you started.

### **Toilet Bowl Cleaner:**

Who needs Comet or a soft scrub when you can sprinkle baking soda in your toilet bowl? Sprinkle inside your toilet bowl like you would any other cleaner. After I scrub the toilet I like to leave it soaking for about an hour or till someone uses the toilet. For a little added cleaning power pour in 1/4 a cup of white vinegar.

### **Odor Remover:**

Keep a small open box or a bowl of baking soda in your fridge to absorb the odor. You can also sprinkle a little in the bottom of your trash can to cut down on the smell.

## **Scouring:**

When you have food burned on the bottom of a pot sprinkle in a little baking soda and cover with hot water. Let set for an hour or so, the burned food will have loosened and be much easier to clean out.

## **Laundry:**

Add 1/2 of a cup of baking soda to your wash to rejuvenate your cloths and keep the colors bright. This allows you to use up to 1/2 the amount of detergent.

## **Drain Cleaner:**

Pour 1/4 cup baking soda, 1/2 a cup of white vinegar and a cup of hot water to clean your clogged drains.

## **Diapers:**

Sprinkle baking soda on each cloth diaper as you add it to the pail. It will reduce to odor and add a cleaning boost when you wash them.

## **Soft Scrub:**

Mix 3 parts baking soda with 1 part water to make a paste to scrub a stubborn stain in your bathroom or kitchen.



## **White Vinegar**

<http://nourishingsimplicity.org/2012/03/simple-cleaning-tips-part-1-white-vinegar.html>

**Here are just a few ideas on how to use white vinegar in your everyday cleaning.**

### **Laundry:**

Add 1/4 to 1/2 of a cup of white vinegar to your final rinse. It brightens colors, prevents lint, from clinging to cloths, devolves detergent scum and acts as a fabric softener. If you have a tough stain from things like tomato sauce or deodorant, spray on white vinegar before putting in the wash.

### **Simple 3-in-1 Household Cleaner:**

This is my favorite cleaner that I was telling you about. I use it as a multipurpose cleaner in my kitchen and bathroom. I also use it to wash window and mirrors. It is great as an air freshener and deodorizer as well.

### **Simple 3-in-1 Household Cleaner:**

Spray bottle

1 part White Vinegar

1 part Water

1 TBS liquid Castile Soap (optional)

30 drops Essential Oil

Combine everything in a spray bottle. Make a pretty label or write on the bottle to remember what it is. Shake before using.

### **Fly Trap:**

Is your kitchen riddled with pesky fruit flies? Mine is here's any easy solution. Pour 1/2 a cup of white vinegar in a glass jar, make a funnel out of paper and place inside the jar with the wide end of the cone sticky out the top. Tape the paper to the sides. The flies can't get up the funnel and die from the fumes. When the vinegar is low or full of flies remove the cone, rinse out the jar and start over again.

### **The Garden:**

Pour full strength on weeds to kill those nasty things. Be sure not to kill any of your favorite plants along the way.

### **Cut Flowers:**

Mix 2 tsp vinegar with 1 tsp sugar and add to your cut flowers each time you change the water.



## **Apple Cider Vinegar**

Apple Cider Vinegar makes an excellent, non-toxic household cleaner, suitable even for some of the toughest cleaning tasks. The Acetic acid in the vinegar is an effective deodorizer and will cut through grease and dissolve mineral build-ups (lime scale) with ease. Because of its antibacterial and antifungal properties, the Apple Cider Vinegar also makes an effective disinfectant, preventing the growth of molds and bacteria

### Odor Remover

As well as being effective against body and pet odor, Apple Cider Vinegar is also excellent at removing household odors. The Apple Cider Vinegar breaks down the volatile compounds and kills the bacteria that are responsible for many nasty household smells.

Garlic, Onion and fish smells can be removed from the hands by simply rinsing the hands with undiluted Apple Cider Vinegar.

To combat unpleasant kitchen smells, boil a saucepan containing a solution of 1 tablespoon of Apple Cider Vinegar and 1 cup of water.

To remove the smell of cigarette smoke, spilled beer, vomit, paint etc from a room simply place a bowl of Apple Cider Vinegar on the floor overnight. You can do the same for a car, but don't forget to take the bowl out before you start driving!!



## **Hydrogen Peroxide**

<http://www.onegoodthingbyjillee.com/2012/09/hydrogen-peroxide-magic.html>

- Wash vegetables and fruits with hydrogen peroxide to remove dirt and pesticides. Add 1/4 cup of H<sub>2</sub>O<sub>2</sub> to a sink of cold water. After washing, rinse thoroughly with cool water.
- In the dishwasher, add 2 oz. to your regular detergent for a sanitizing boost. Also, beef up your regular dish soap by adding roughly 2 ounces of 3% H<sub>2</sub>O<sub>2</sub> to the bottle.
- Use baking soda and hydrogen peroxide to make a paste for brushing teeth. Helps with early stages of gingivitis as it kills bacteria. Mixed with salt and baking soda, hydrogen peroxide works as whitening toothpaste.
- Clean your cutting board and countertop. Let everything bubble for a few minutes, then scrub and rinse clean.
- Wipe out your refrigerator and dishwasher. Because it's non-toxic, it's great for cleaning places that store food and dishes.

- Clean your sponges. Soak them for 10 minutes in a 50/50 mixture of hydrogen peroxide and warm water in a shallow dish. Rinse the sponges thoroughly afterward.
- Remove baked-on crud from pots and pans. Combine hydrogen peroxide with enough baking soda to make a paste, then rub onto the dirty pan and let it sit for a while. Come back later with a scrubby sponge and some warm water, and the baked-on stains will lift right off.
- Whiten bathtub grout. First dry the tub thoroughly, and then spray it liberally with hydrogen peroxide. Let it sit — it may bubble slightly — for a little while, then come back and scrub the grout with an old toothbrush. You may have to repeat the process a few times.
- Clean the toilet bowl. Pour half a cup of hydrogen peroxide into the toilet bowl, let stand for 20 minutes, then scrub clean.
- Remove stains from clothing, curtains, and tablecloths. Hydrogen peroxide can be used as a
- Pre-treater for stains — just soak the stain for a little while in 3% hydrogen peroxide before tossing into the laundry. You can also add a cup of peroxide to a regular load of whites to boost brightness. It's a green alternative to bleach, and works just as well.

- Brighten dingy floors. Combine half a cup of hydrogen peroxide with one gallon of hot water, and then go to town on your flooring. Because it's so mild, it's safe for any floor type, and there's no need to rinse.
- Help out your plants. To ward off fungus, add a little hydrogen peroxide to your spray bottle the next time you're spritzing plants.
- Sanitize your kids' lunch boxes/bags.
- Hydrogen peroxide helps to sprout seeds for new plantings. Use a 3% hydrogen peroxide solution once a day and spritz the seed every time you re-moisten. You can also use a mixture of 1 part hydrogen peroxide to 32 parts water to improve your plants' root system.



\*\*\*A word of caution on making  
homemade cleaners\*\*\*

NEVER MIX BLEACH WITH AMMONIA OR  
VINEGAR

It will cause toxic fumes that are very  
dangerous

