

# Healthy Homes Program – Unlock Your Door to a Healthier Home Environment

## *Recipe Guide to Help You Create a Healthier Living Environment*

### **Non-toxic Cleaning Supplies**

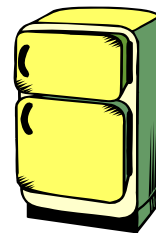
Baking Soda	Murphy's Oil Soap	Vinegar	Bathtub Mat
Easy-wipes	Scrubbing Pads	Bucket	Roach & Ant Powder
Spray Bottle	Flyswatter	Dishwashing gloves (2 pair)	
<b>If needed:</b>	Carbon Monoxide Detector	Childproofing Kits	

### **Handy Tips to Help Clean Your House**

Baking soda has many purposes. You can use it to clean your bathtub, kitchen sink and bathroom sink in place of your scouring powder – (like Ajax or Comet). It can also be used to absorb odors in your refrigerator, you're home and on carpet. Use **baking soda** for the following:

#### **Refrigerator**

- 1) Place a small open box or container of baking soda inside the refrigerator to eliminate bad odors



#### **Air Freshener in your home**

- 1) Place small containers of baking soda around your home to absorb bad odors.

#### **Carpet Freshener:**

- 1) Sprinkle small amounts of baking soda on the carpet.
- 2) Let it set for an hour
- 3) Vacuum the baking soda up – Do not use on wet carpet!

#### **Tub and Sink**

- Baking Soda
- Murphy's Liquid Soap

- 1) Sprinkle it on porcelain fixtures and rub with a wet rag.
- 2) Add a little soap to the rag for more cleaning power.
- 3) Rinse well to avoid leaving a hazy film.



#### **Toilet Bowl**

- Baking Soda
- Murphy's Liquid Soap

- 1) Sprinkle baking soda inside the toilet bowl.
- 2) Squeeze a couple of drops of liquid soap.
- 3) Scrub the toilet bowl with a toilet bowl brush.
- 4) Wipe the outside surfaces of the toilet with a damp Easy-wipe sprinkled with baking soda.



## Drains

- Baking Soda
- Boiling Water
- Vinegar
- Fresh Lemon



- 1) This recipe will free minor clogs. Treat your drains on a regular basis to prevent future clogs.
- 2) Pour ½ cup baking soda into the drain first.
- 3) Pour ½ cup vinegar into the drain.
- 4) Let it fizz for a few minutes.
- 5) Then pour about 1-2 quarts of boiling water into the drain.
- 6) Repeat if needed. If the clog is stubborn, use a plunger. If very stubborn, use a mechanical snake. Avoid letting fats, oils, or grease into the drain to prevent clogs.

To keep drains smelling good, grind thin lemon slices in the garbage disposal. If you do not have a garbage disposal, squeeze the lemon juice into each drain.

## Ovens

- Baking Soda
- Water
- Scrubbing pads



- 1) Mix 1 cup of baking soda with enough water to make a paste.
- 2) Apply to oven surfaces, and let stand a little while.
- 3) Use the scrubbing pad for scrubbing most surfaces.
- 4) A spatula or bread knife is effective to scrape off large food deposits.

This recipe will require extra scrubbing. Clean up spills in the oven after each use or spot clean it regularly. Do not use this cleaner on self-cleaning ovens.

## All-purpose cleaner (for spots on linoleum, tile, and woodwork)

- Murphy's Liquid Soap

Squeeze a drop of soap on a wet Easy-wipe and rub the area to be cleaned briskly. An Easy-wipe will last longer and create less waste than a sponge or paper towels.



## **Other Helpful Tips**

- Use the spray bottle to hold a mixture of vinegar and water for quick clean-ups in the kitchen and bathroom.
- Spray the bathtub, shower walls and curtain with vinegar and water to reduce or eliminate mold and soap scum.
- Keep different colored gloves in the kitchen and bathroom for use only in those areas to avoid spreading germs.
- Use the roach powder (also known as boric acid) as directed on the package. The roach powder used in addition to gel baits or bait traps is a very effective way to eliminate roaches in your home.
- Use steel wool to plug little holes around your home to prevent rodents from coming in.