

# Green cleaning recipes They're safe, smell good and really work



## In the kitchen

**SURFACE CLEANER** Use bicarbonate of soda on a damp cloth to clean benchtops, sinks, windows and your refrigerator surfaces.

**DISHWASHING DETERGENT** Use pure soap and add white vinegar to the rinse water to give glasses an extra shine.

**OVEN CLEANER** Wipe the oven down while still warm with a soapy cloth.

## In the car

**BATTERY CLEANER** Clean battery terminals with a mixture of 2 teaspoons of bicarbonate of soda with 1 litre of water and apply generously. Smear petroleum jelly around the base of the terminals to prevent oxidation.

**POLISH** Give your car a normal wash. Allow it to dry, then sprinkle cornflour over the duco. Polish to give that extra sheen.

**CHROME POLISH** Use flour or bicarbonate of soda with a dry, clean cloth.

**TAR REMOVER** Moisten a cloth with eucalyptus oil and rub clean.

**HINTS** Get rid of that new car smell by wiping vinyl surfaces with a strong solution of vinegar and air well. Moisten a soft cloth with vinegar to clean windscreens and windows. An open container of bicarbonate of soda absorbs odours. And remember to wash your car on the lawn.

## In the laundry

**BLEACH** Use 1 cup of lemon juice in half a bucket of water and soak overnight, or substitute half a cup of borax per washload to whiten whites and brighten colours.

**STAIN REMOVER** Use eucalyptus oil to remove stains before washing. Apply a few drops and let it evaporate.

**LAUNDRY DETERGENT** Mix one third of a cake of pure soap (grated) with one third of a cup of washing soda. Dissolve in hot water and top up with water. The mixture will set to a soft gel. Use 2-3 cups per wash.



## In the living room

**CARPET CLEANER** Sprinkle bicarbonate of soda on the carpet before vacuuming to deodorise. For stain removing just vacuum or brush when dry.

**WINDOW CLEANER** Wash windows with warm soapy water if very dirty. Add half a cup of vinegar to a litre of warm water. Use crumpled newspaper moistened with vinegar to get a beautiful sheen.



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### Contact

Environment Line 131 555

Published by  
Office of Environment and Heritage  
Department of Premier and Cabinet  
59-61 Goulburn Street, Sydney  
Phone: (02) 9995 5000 (switchboard)  
Fax: (02) 9995 5999  
TTY: (02) 9211 4723  
Email: [info@environment.nsw.gov.au](mailto:info@environment.nsw.gov.au)

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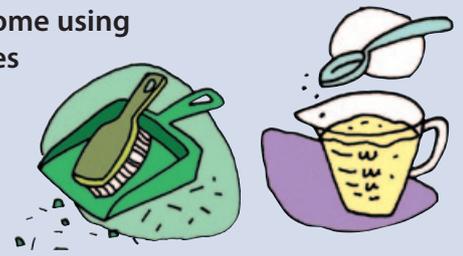
# Easy green cleaning

Create your own Eden



Natural cleaning or 'green cleaning' is a way to clean your home using fewer cleaning products and safer alternatives. This produces less waste and reduces the need for artificial chemicals that can be harmful to your family and the environment.

To clean well, cheaply and safely throughout your home all you need are the basic ingredients below.



## How to clean green

There are just three things to remember:

**REDUCE • BE SMART • THINK SAFE**



**REDUCE** the use of household cleaners by buying less, using less and looking for natural, safer alternatives.

**BE SMART** when you shop. Read the label, avoid buying the more toxic product and buy only what you need.

**THINK SAFE** when handling and storing cleaners and dispose of them legally and safely.

# Your natural cleaning kit

You can buy these inexpensive ingredients from your local supermarket.

### Bicarbonate of soda (baking soda)



cleans, deodorises, softens water and is a good scouring powder. Store in a flour shaker to keep it dry.



### White vinegar

cuts grease and is a deodoriser and mild disinfectant. Mix half and half with water and store in a labelled spray bottle.

**Pure soap** is a general purpose cleaner that biodegrades completely.



**Borax** is a naturally occurring mineral salt. It cleans, deodorises, bleaches and disinfects. Borax is also used to control pests such as ants and cockroaches. (Borax is also toxic so keep this out of reach of children and pets).



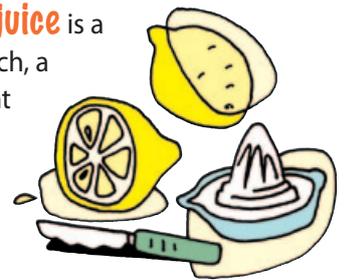
**Hint** Microfibre cloths clean effectively with just water.

### Washing soda

cuts grease and removes stains.



**Lemon juice** is a mild bleach, a deodorant and a cleaning agent.



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### All-purpose cleaner

Warm water mixed with pure soap or white vinegar is a cheap and easy general cleaner for throughout the home.



### In the bathroom

**TOILET CLEANER** Make a paste from borax and lemon juice for cleaning non-septic toilet bowls.

**CERAMIC CLEANER** Clean tiles, sinks, toilets and baths with bicarbonate of soda using a damp cloth.

**MIRROR CLEANER** Apply eucalyptus oil with a wad of newspaper to prevent mirrors fogging.

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