

# LOW WASTE CLEANING

*Store-bought cleaners are full of potentially harmful (and polluting) chemicals, they're packaged in plastic, and they're pretty expensive - especially when you compare them to their green clean counter-parts which you can make for half the price!*

*Most conventional cleaning products contain ingredients made from non-biodegradable and non-renewable resources like petroleum, which can adversely affect the earth's ecosystems.*

*Try these less harmful options instead.*

## All-purpose cleaner

### INGREDIENTS:

Distilled White Vinegar

Fresh Scent Options such as: orange peels, lemon peels, fresh rosemary, fresh pine needles, etc

Glass jar



### INSTRUCTIONS:

Fill your empty jar with saved orange peels, lemon peels, and fresh herbs.

Fill your jar to the top with distilled white vinegar. Let the mixture steep for 2-14 days. The longer you wait, the stronger the scent will be. If you want the process to happen even faster, as in the next day, boil your vinegar first, then put in hot. Let sit at least 24 hours before using.

Strain your infused vinegar into a spray bottle and shake well before use.

Use to clean floors, windows, countertops and surfaces, and the bathroom.



## Zero Waste Cleaning Tips

Re-purpose old toothbrushes for cleaning

Use scrub brushes with biodegradable and compostable materials like wood

Clean with rags made from clothes you no longer wear, or buy a set of reusable cloths for cleaning

Scrub with abrasive but recyclable materials like copper

Wear natural rubber gloves

Avoid purchasing plastic for cleaning supplies. Refillable ingredients like vinegar may not be available to you; if that's the case, buy the largest container size you can find in an amount you know you will use.



## All-purpose cleaner - for use on granite and marble

### INGREDIENTS:

1 Cup of Warm Water

1 Tablespoon of Liquid Castile Soap

### INSTRUCTIONS:

Based on the size of your bottle you can adjust this for 1 tablespoon for every cup of water and 1.5 teaspoons for every half cup of water.



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## Tub Scrub

### WHAT CAN YOU CLEAN WITH IT?

Use this natural scrub to clean the most non-porous surfaces. Meaning do not use it on marble, granite, or wood. This solution can be applied to much more than just the shower. It even works well to polish pots and pans and clean tiles, grouts, toilets, sinks and floors.

### INGREDIENTS:

1 cup baking soda  
1/4 cup + 1 tablespoon liquid castile soap  
2 tablespoons water  
4 drops lavender essential oil  
8 drops lemon essential oil

### INSTRUCTIONS:

In a small, glass mixing bowl combine baking soda, liquid castile soap, and water. Stir to combine until a thick mixture forms. Add 4 drops of lavender essential oil and 8 drops of lemon essential oil. Stir once more to thoroughly blend essential oils. Scrub will be a soft paste. If the scrubs' consistency is too dry then add more water. If it is too wet, add more baking soda. Keep in mind, citrus essential oils should be stored in glass containers. Use scrub within 2 to 3 months.

**When using to clean your Bathtub and Shower:** As always, begin by testing a small area with a new cleaner. Dip a soft-bristle brush into the homemade scrub. Then start scrubbing surfaces. Rinse with water and wipe clean with a damp cloth. Repeat as necessary and use a cotton swab dipped in hydrogen peroxide for dark grout stains as needed.

## Dish Soap

### INGREDIENTS:

1/4 Cup Castile soap  
2 1/2 Cups water  
10 drops Lemon Essential Oil, or oil of your choosing (optional)  
1 Tbsp Baking Soda (optional)

### INSTRUCTIONS:

Add Castile soap and water to jar, stir to combine.

Optional: then add baking soda and Lemon essential oil and stir gently. Don't shake otherwise the baking soda will get all frothy. The baking soda is useful if you often have very grimy dishes that need a bit more coaxing to get clean.



## Toilet Cleaner

### INGREDIENTS:

1 cup Citric Acid  
3 cups baking soda

### INSTRUCTIONS:

Mix citric acid and baking soda together then store in a mason jar somewhere dry.

To clean toilet, sprinkle a few table spoons into bowl, let fizz for a while and then scrub.

Make sure you add the cleaner to your bowl only, not your tank.

## Floor Cleaner

Add about 1/8 to 1/4 cup of Castile soap to a bucket of hot water for mopping or simply use a Castile soap spray and mop up with a microfiber mop. Do not use Castile soap on waxed wood floors, because it will break down the wax.

## Stainless Steel Cleaner

Dab some olive oil onto a cloth, and wipe the smudges. Use the clean part of your cloth and dampen with vinegar and wipe over the same spots until clean!

## Mould Cleaner

Mix a paste of water and baking soda. Apply to surface and let sit for a few minutes. Clean with a scrubber or old toothbrush.

## Cutting Board Cleaner

Use a lemon! Slice a lemon in half and use the cut-side to rub into your cutting board to clean, disinfect and deodorize. Then rinse and dry.