

Green Clean



In our efforts to keep our home clean and germ free we also need to remember that many cleaning products contain toxic chemicals that can be damaging to our children and the environment.

You can buy products that are kinder to the environment or perhaps have a go at making your own.

Next time that you are looking for something to do with the children you could have a go at making your own cleaning products! Who knows, it might even encourage them to help out with the spring clean. You will find some ideas and recipes below or you could search the internet for more information

Please be aware that these homemade products should stay out of reach of children as although they are not poisonous they can be harmful if swallowed.

All Purpose Spray Cleaner

1. Put 1/4 of a coffee mug of bicarbonate of soda (baking soda) in a plastic spray bottle
 2. Add 2 coffee mugfuls of water and shake until dissolved
 3. Pour in 1/2 a coffee mug of white vinegar and shake again.
- You can also add a dab of liquid soap or a few drops of lemon juice.*

Window Cleaner

1. Pour the following into an empty and clean spray bottle;
1 litre water, 4 tablespoons vinegar, 2 tablespoons lemon juice
 2. Shake
- Keep in spray bottle and use like ordinary window cleaner.

Shoe Polish

1. Use a little olive oil with just a few drops of lemon juice
2. Work well into the leather
3. Leave to soak in for 5 minutes
4. Buff with a soft, dry cloth

Descal your kettle

Pour in equal parts of water and white vinegar and bring to the boil. Allow to cool, drain and rinse thoroughly.

More information

If you want to stay clear of harmful chemicals you should avoid products with these words on the container:

chlorine, ethylene/ethyl, butyl/alkyl, benzene, phenol and formaldehyde.

More and more chemicals are making their way into our homes and bodies. Below is a list of chemicals frequently found in every day cleaning products;

phosphates: (washing-up liquid, washing powders); too much for sewage system, leads to algal blooms in rivers.

paradichlorobenzene: (toilet blocks; deodorisers) possible carcinogen.

chlorine: (bleaches) irritant, corrosive, can produce toxic gases when mixed with other cleaning fluids.

petrochemicals: (furniture polish, high-strength cleaners) eye, skin and respiratory irritant; can contain the carcinogen benzene.

sodium hypochlorite: (bleaches) corrosive, kills bacteria in sewage farms, eye, skin, respiratory irritant.

artificial musks: (air fresheners) liver toxin

formaldehyde: suspected carcinogen.

perchloroethylene: (dry cleaning) toxic air pollutant, probable carcinogen, a tiny amount will contaminate groundwater for many years.

Source1:

http://www.lowimpact.org/factsheet_natural_cleaners.htm

Source 2:

Paint your life a brighter shade of green By Carolyn Humphries