

Waste-Free Tips

Avoid the double costs of disposable cleaners and wipes

Pretreated cleaning wipes cost 3-4 times more than the product in liquid or spray form. After their single use they add to your garbage costs.

Do not flush these products. Even if labeled “flushable,” these synthetic cloth products do not degrade and cause serious problems for waste water systems.

Make cleaning wipes from old towels & T-shirts instead. The cloth fibers have a surface abrasion that cleans better than synthetic fibers. Hang dry your cloth wipes instead of using a dryer (which causes cloth to push water around instead absorbing it.)

Be careful with antibacterial cleaners

The antibacterial and antimicrobial ‘cleaners’ that many people think are necessary, especially during cold season, don’t clean better than soap and water and make tons of unnecessary waste. The FDA has found that antibacterial soaps and hand cleaners do not work better than regular soap and water, and should be avoided, to prevent the growth of more resistant bacteria.

Clean your indoor air naturally

Skip the store-bought air fresheners and instead try boiling cinnamon, cloves, or any other herbs you have a fondness for. Fresh chocolate chip cookies also have been known to create a friendly aroma. Also, plants may not make your house smell different but are good for filtering interior air—pretty much any broad green leaf plant will do. Peace Lilies are a favorite choice.

Avoid chemical beauty products

Women absorb up to 5lbs of makeup chemicals every year. Many “anti-aging” creams may actually be doing the opposite thanks to chemicals and hydrogenated oils that pack a heavy-handed punch. Instead, choose products made with organic ingredients and save money by slathering your skin with homemade skin care ingredients: olive oil or coconut oil. Both are amazing moisturizers that do wonders for your skin if applied just before bed time.



Lane County Public Works
Waste Management Division
3100 East 17th Avenue
Eugene, OR 97403

Recycler's Guide to Green Cleaning



Use this brochure to choose natural cleaning and household products that protect indoor air quality and keeps children and pets safe from hazardous ingredients.



Lane County Public Works
Waste Management Division

Chemical Cleaning & Gardening Products Can Be Dangerous... and Expensive!

Did you know that the air inside your home is probably more polluted than the air outside? The average home contains 62 toxic chemicals swirling around and comfortably settling in your carpet, on your pillow, and on your toothbrush.

Green cleaning by the numbers:

from – www.treehugger.com/htgg/how-to-go-green-cleaning.html

17,000: the number of petrochemicals available for home use, only 30 percent of which have been tested for exposure to human health and the environment.

63: the number of synthetic chemical products found in the average American home, translating to roughly 10 gallons of harmful chemicals.

100: the number of times higher that indoor air pollution levels can be above outdoor air pollution levels, according to US EPA estimates.

275: the number of active ingredients in antimicrobials that the EPA classifies as pesticides because they are designed to kill microbes.

5 billion: the number of pounds of chemicals that the institutional cleaning industry uses each year.

23: the average gallons of chemicals that a janitor uses each year, 25 percent of which are hazardous.

Get rid of toxic cleaners carefully

When replacing your cleaning products, don't just throw the old ones in the trash. If they're too toxic for your home, they won't be good for the drain or the landfill either. Throwing chemicals in the trash or down the drain means they might end up back in your water supply. Bring these items to the Household Hazardous Waste Collection Center at the Glenwood Transfer Station. Call 541-682-4120 to make an appointment.

Make Your Own Greener Cleaner Kit

This list of alternatives is provided to help you make responsible decisions about the safe use and disposal of household products. By trying some or all of the alternatives, you will save money and reduce the potential hazards that chemical can create.

Use these few supplies in various combinations to replace many cleaners:

- baking soda
- borax
- toothpaste
- liquid soap
- club soda
- baby oil
- margarine
- warm water
- lemon juice
- white vinegar
- salt
- flour
- olive or almond oil
- rubbing alcohol



Simple Green Cleaning Recipes

ALL-PURPOSE SPRAY

- 2 cups water
- 2 tablespoon white vinegar
- 1 teaspoon liquid soap
- 1 teaspoon borax



Pot and surface scrub

Sprinkle with baking soda, spray with white vinegar, let bubble and sit, wipe up & rinse well.

Brass polish/copper cleaner

Paste of equal parts vinegar, salt & flour. Be sure to rinse completely afterward to prevent corrosion.

Car battery corrosion remover

Baking soda & water, scrub with an old toothbrush.

Coffee cup stain remover

Rub with moist salt or baking soda.

Crayon mark remover

Rub mark with toothpaste & a damp cloth. Do not use on non-vinyl wallpaper.

Decal remover

Soak in hot water if practical; otherwise apply any cooking oil. Rubbing alcohol works to remove residue.

Dishwashing

Washing dishes by hand with a liquid soap or mild detergent is preferable to using harsh automatic dishwasher detergents. Look for detergents without phosphates or chlorine.

Dishwasher Detergent:

1 tbsp Borax, 1 tbsp washing soda, 1 tbsp water, 1 tsp kosher salt.

Mix the ingredients together and put in your dishwasher. The recipe above is for one load when you need to get a few dishes washed quickly.

Multiply the ingredients to make an entire batch.

Linoleum floor cleaner

1 cup white vinegar plus 2 gallons of water.

Furniture polish

Rub with olive or almond oil & a cotton cloth.

Drain cleaner

Try plunger first. Then pour 1/2 cup baking soda down the drain, then 1/2 cup vinegar; wait a few minutes, then follow with 2 quarts of boiling water. Repeat if needed. If this fails, rent or buy a drain snake. Use solution weekly to prevent buildup.

Disinfectants

Mix 1/2 cup borax with 1 gallon boiling water. Or use undulated white vinegar.

Garbage disposal deodorizer

Run the disposal on used lemons or baking soda.

Grout and stain cleaner

Paste made of baking soda & water, clean with toothbrush, spray with vinegar & water mix. After foaming is finished, rinse with water.

Hand cleaner: paint/grease/tree sap

Rub with baby or cooking oil or margarine, then wash with dish soap & water.

Laundry detergents

—Liquid

Add 2 cups finely grated Ivory or Fels Naptha bar soap to 1 quart boiling water & stir on low heat until soap is melted.

Pour the soap water into a large, clean pail, add, 2 cups each, borax & washing soda. Stir well until all is dissolved. Add 2 gallons of water, stir until well mixed.

Cover pail & use 1/4 cup per load of laundry. Once it's cool, add 5 - 7 drops of your favorite essential oil per gallon. Stir soap each time you use it.

—Powdered

2 cups Ivory or Fels Naptha bar soap (grated), 1 cup washing soda, 1 cup borax.

Mix well & store in an airtight plastic container. Use 2 tablespoons per full load.

Mildew remover

A non-chlorinated scouring powder or **borax** cleans mildew stains from grout—scrub hard.

Moths (in clothes)

Thoroughly clean any used clothing or furniture before introducing into home. Wash woolens before storing; store in air-tight container with cedar chips, newspapers or lavender flowers (instead of mothballs). Vacuum rugs, behind & under furniture. Shake out woolens periodically.

Oven cleaner

As a preventive measure, cover the oven with a sheet of aluminum foil. Clean up spills promptly using baking soda, soap & water with a copper scrubber & lots of elbow grease. Or use a non-chlorinated scouring powder or non-caustic oven cleaner.

Porcelain stain remover

Scrub with paste made from baking soda & water.

Rug/carpet cleaner

Sprinkle baking soda, then vacuum. Or clean immediately with soda water or baking soda paste, then vacuum.

Scouring powder/abrasive cleaner

Baking soda or borax. Or rub area with 1/2 lemon dipped in borax. Rinse and dry.

Silver cleaner

Rub large objects gently with baking soda & damp sponge. For small objects, place in a pot of water on stove with a small piece of aluminum foil; add 1 tsp baking soda & 1 tsp salt; boil 2-3 minutes. Or rub gently with toothpaste on a cotton ball.

Stain remover

Depends on type of spill. Treat as quickly as possible & blot as much liquid as you can with a clean cloth (don't rub). For most stains, it's safest to try cold water first, then hot water with a little detergent.

Stainless steel cleaner

Baking soda with a little water made into a paste.

Toilet bowl cleaner

Baking soda or borax, or soak with white vinegar.

Tub and tile cleaner

Use vinegar (full strength) on a sponge, then use baking soda as a scouring powder. Rinse well.

Vinyl floor cleaner

1 gallon warm water & 1/2 cup white vinegar or 1/4 cup borax.

Wine stain remover

Water or rubbing alcohol. On carpet, blot first then pour salt on area, let absorb then vacuum.

Window cleaner

1/2 cup vinegar in 1 quart warm water, wipe with crumpled newspaper or clean cloth.



Make your own organic pesticides with these unique bug-buster recipes:

Soap Spray

Stop the slugs with soapy water. Use your old, dirty dishwater by pouring it over the plants. This works really well on hostas and mums, but also can be used on other hardy plants. For a stronger solution, mix 3 tablespoons of liquid detergent into a gallon of water. Use this weekly.

GARLIC SLUG SPRAY

- 1 garlic bulb
- 1 quart water
- 1 medium onion
- 1 tablespoon cayenne pepper
- 1 tablespoon liquid dish soap

Crush the garlic, mincing it fine. Add finely chopped onion to the mixture, while adding the rest of the ingredients except the soap. Wait an hour before adding the soap to the mixture. The spicy ingredients must sort of stew or steep, almost like tea. After an hour, add the soap and your non-toxic spray is ready to use! This can be stored in the fridge for a week.

Spearmint-Hot Pepper-Horseradish Spray

This works on many different kinds of bugs.

- 1/2 cup red peppers (hot)
- fresh water
- 1/2 cup fresh spearmint
- 1/2 cup horseradish (root and leaves)
- 1/2 cup green onion tops
- 2 tablespoons liquid detergent

Mix all of the spearmint leaves, horseradish onion tops and peppers together with enough hot water to cover everything, let sit overnight. Strain & save the infused water. Add a half-gallon of fresh water & the detergent to the infused water. To use this solution, mix 1/2 gallon of this solution with 1/2 gallon of water. You can use this to spray almost any plant safely. Store this mixture for a few days in a cool environment.