

the

Green Clean

Tips on cleaning your home without chemicals

Step 1: Spring Clean your cleaning products!

Look at the cleaning products already in your cupboards at home and read the labels carefully. Is the label free of words such as 'POISON' or 'CAUTION', 'CORROSIVE, MAY CAUSE BURNS, IRRITATING TO SKIN', 'RESPIRATORY IRRITANT' or 'DO NOT MIX WITH AMMONIA, ACID OR OTHER CHEMICALS?' Is the packaging recyclable or the product biodegradable? Many of these cleaners contain toxic ingredients that, while safe in small amounts, could have unknown long-term side effects for you and your kids.

Step 2: Replace your old cleaning products with simple, cheap ingredients like bicarb of soda, white vinegar, lemon, borax, microfiber cloths and pure soap.

Step 3: Whisk up some green cleaners at home that are safe, smell good and actually work! Here are some easy recipes below to follow:

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 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 wash load to whiten whites and brighten colours.

Stain Remover: Use eucalyptus oil to remove stains before washing. Apply a few drops and let it evaporate.

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.

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.

Lemony Eco-Friendly Floor Cleaner Recipe: 3.5Litres water, 3/4 cups olive oil 1/2 cup rubbing alcohol, lemon juice.