



12 Home Cleaning Recipes – easy, inexpensive, and effective!

Safer alternatives to hazardous cleaning products exist for nearly every type of household cleaner. Listed below are several do-it-yourself recipes for basic household needs. These recipes have been performance tested by the TURI Laboratory as indicated in the tables. The recipes included here performed best and ranked well for their safety. These alternatives to traditional commercial household cleaners are easy to make out of common household ingredients, will most likely cost you less than store bought products and can work just as well, or even better!

Performance testing procedures for each of the recipes listed here followed the Green Seal GS 37 method (<http://www.greenseal.org/>). Samples of materials similar to the surfaces to be cleaned (ceramic, glass, chrome, etc) were coated with a careful mixture of soil to resemble real conditions using a hand held swab and allowed to dry for 24 hours at room temperature.

ALL PURPOSE CLEANER: for use on counters, floors and other hard surfaces

<i>Recipes</i>	<i>Performance</i>
Dissolve 4 tablespoons baking soda in 1 qt warm water	Effective even without rinsing the surface
Mix 1.5 oz vegetable oil soap (ex: Murphy's Oil) with 1 tablespoon of baking soda. Add 1 teaspoon lemon juice and 1 oz water	Effective even without rinsing the surface
Mix 2 tablespoons borax, ¼ cup lemon juice, and 2 cups hot water. Combine in a spray bottle	Effective with additional rinse

KITCHEN CLEANERS: for use on various kitchen appliances and surfaces

<i>Recipes</i>	<i>Performance & Notes</i>
OVEN CLEANER: 2 tablespoons vegetable oil soap (ex: Murphy's Oil) and 2 tablespoons borax in a spray bottle with 6 oz warm water. Spray on oven and leave for 20 minutes and scrub off	Effective on metal. Best with abrasive pad
POTS AND PANS: Soak in a 50:50 water and vinegar mixture for 15 minutes or over night and rinse.	Effective on aluminum and copper. Use abrasive pad for extra scouring
FLOOR: ½ oz liquid soap (ex: Liquid Castile Soap), ½ oz baking soda, 1 oz water and a few drops of lemon juice	Effective on vinyl composite tiles using reinforced paper towels

Why Try Home Made Cleaners?

Protect Yourself

When you make cleaning materials at home you know exactly what goes into them. No more guessing what's inside those containers!

Protect the Environment

What goes down the drain and into the air effects our environment. By making your own recipes, you know you are using ingredients that are safe for you and the environment.

Reduce Waste

By mixing cleaning materials at home in reusable containers, you limited the number of waste containers you generate.

Save Money

These recipes made from common household ingredients are often less expensive than the commercial products in stores.

For more testing information contact the TURI Lab:

Jason Marshall
Jason@turi.org
 978-934-3133

or
 Heidi Wilcox
Heidi@turi.org
 978-934-3249

For information about reducing the use of toxic household cleaners in your community contact the TURI Community Program:

Joy Onasch
Joy@turi.org
 978-934-4343

BATHROOM CLEANER: for use on bathroom surfaces made of ceramic, plastic, and metal

<i>Recipes</i>	<i>Performance & Notes</i>
TUB: Vinegar and baking soda will remove film buildup on the tub. Apply vinegar on a sponge and wipe tiles. Use baking soda as you would scouring powder. Rinse thoroughly.	Effective
SURFACES: ¼ cup vinegar in one gallon of water to use on surfaces that have films or need more cleaning	Effective on hard to clean surfaces
TOILET: Sprinkle baking soda in the bowl, then squirt with vinegar and scrub	Cleans and deodorizes. Also try 2 denture tabs - drop into the bowl and scrub as usual
TOILET: Make a paste with borax and lemon juice. For a tough stain flush toilet to wet the bowl and then apply the paste to the stain and let sit for 2 hours.	Effective on stubborn stains like toilet bowl ring

WINDOW CLEANER: for use on chrome and glass; best if used with newspapers in place of paper towel to minimize lint

<i>Recipes</i>	<i>Performance & Notes</i>
½ cup cornstarch with 2 quarts warm water. Apply with sponge and wipe with absorbent towel or cloth.	Effective. Do not do on a sunny day or when windows are warm. Solution will dry and cause streaking.
Equal parts vinegar and water in a bottle	Effective

To complete the recipes above, your shopping list would include: white vinegar, borax, baking soda, lemon juice, corn starch, abrasive pad, sponges, newspaper, liquid soap (ex: Liquid Castile Soap), vegetable oil soap (ex: Murphy's Oil), and washcloth or heavy duty paper towels.



Warning: many of these household ingredients are poisonous in large doses, and fine powders can be irritating to the respiratory system. It is best to keep all items out of the reach of children. Borax in particular should not be inhaled, ingested, and can be a skin and respiratory irritant.

To learn about other recipes tested by the lab and see how they performed please visit:
http://www.turi.org/laboratory/do_it_yourself_home_made_household_cleaner_recipes