



## Green Cleaning

The green cleaning alternatives below have minimal impact on the environment, are cheaper to buy and require less plastic packaging than commercial cleaners.

If buying commercial cleaners, avoid chlorine – a by-product of this is the highly-toxic dioxin – and phosphates, which cause algal blooms in waterways. Choose products with plant oils as the surfactant, rather than petrochemicals. Look for the biodegradability standard – Australian Standard AS 4351 or the International Standard ISO 7827, which is stricter.

### Microfibre Cleaning Cloths

Microfibre cloths are used just with water and no other cleaning agents.

The densely packed microfibres (made from polyester and nylon blends) attract dirt and grime which are then trapped in the fibres until the cloths are rinsed out.

They are made to suit different applications from floors and cars to spectacles and windows.

Dampen the cloth for cleaning surfaces such as stoves, baths and benches. Use dry for dusting.

### Bicarbonate of Soda

Bi-carb is an effective, lightly abrasive general-purpose cleaner. Mix with water to form a light paste for cleaning baths, sinks, toilet bowls etc.

To clean the oven, apply the paste to a warm oven and leave overnight. Wipe off with a damp sponge.

Drains can be unblocked by dissolving bi-carb in boiling water.

Fridges can be deodorised with bi-carb – just put an open packet in the fridge after cleaning.

Grease can be removed from fabrics by pouring hot water on stains and covering with dry bi-carb.

For dirty saucepans, add cold water and one to two tablespoons of bi-carb to the saucepan then bring to the boil. When cool, clean off with a scourer.

The mixture can be also used to remove mould.

### White Vinegar

Vinegar is lightly acidic (good for dissolving grease) and mildly antiseptic.

For cleaning windows and mirrors, use one and a half cups of vinegar to one litre of water.

To remove mould in the bathroom, wipe vinegar onto surfaces and leave overnight.

For floors, use a cup of vinegar in half a bucket of warm water.

For toilets, sprinkle on a cup of vinegar and leave overnight. If badly stained, scour with bi-carb.



## **Pure Soap**

Pure soap is 100% biodegradable.

For washing dishes, use a cake of pure soap in a soap shaker.

For washing clothes, dissolve soap as above, or use pure soap flakes dissolved separately in hot water.

For cleaning laminates, tiles and stainless steel use soap with a plastic scourer.

## **Essential Oils**

Essential Oils can be added to one of the above products or water to enhance their performance when cleaning toilets, floors, walls, basins, laundry, etc.

Eucalyptus oil removes sticky substances from walls and other surfaces effectively.

Tea Tree oil is a natural disinfectant with anti-bacterial properties.

Lavender oil disinfects and smells great.

Pine oil is often used to clean and deodorize.

Citrus oils cut and absorb grease and can be used to oil furniture and flooring.

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