



GREEN CLEANING

Regular cleaning is recommended to help reduce asthma and allergy triggers, but many store bought products with harsh ingredients/odors can also trigger asthma symptoms.

Instead of reaching for these store bought cleaners we recommend making your own cleaning products with the following recipes:

MOLD/MILDEW REMOVAL

INGREDIENTS:

- 1 tsp hydrogen peroxide
- 1 cup of water
- White distilled vinegar
- Spray bottle

DIRECTIONS:

- 1) Mix the hydrogen peroxide and water and spray the solution on the affected area until the mold gets saturated. Let it sit for 10-15 minutes and scrub the area to clean it.
- 2) Once the area is completely cleared of the mold growth, straight vinegar sprayed on the walls may prevent new mold/mildew from growing. Simply spray the vinegar on the wall/affected area and let it air dry.

ALL PURPOSE CLEANER

INGREDIENTS:

- 2 cups white distilled vinegar
- 2 cups very hot water
- Spray bottle

DIRECTIONS:

- 1) Mix the vinegar and water in the spray bottle
- 2) Use on hard surfaces like countertops, windows and mirrors.
- 3) To boost cleaning power for tough jobs microwave the cleaner in a glass container and allow solution to sit for 30 minutes then scrub with a soft bristled brush and rinse well with water.

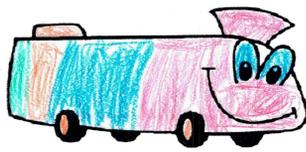
FLOOR CLEANER

INGREDIENTS:

- 3 cups white distilled vinegar
- 1 gallon water

DIRECTIONS:

- 1) Mix the vinegar and water in a bucket to mop the floors



FURNITURE POLISH:

INGREDIENTS:

- ¼ cup olive oil
- ¼ cup white distilled vinegar
- 2 tsp lemon juice (optional to add-solution must be refrigerated if added)
- Spray bottle

DIRECTIONS:

- 1) Mix the olive oil and white distilled vinegar
- 2) Shake before using
- 3) Dip a clean, dry cloth into the polish and rub wood in the direction of the grain. Use a soft brush to work the polish into the corners or tight places as needed.

DRAIN OPENER

INGREDIENTS:

- ½ cup baking soda
- ½ cup white distilled vinegar

DIRECTIONS:

- 1) Pour baking soda down the drain and then pour vinegar down the drain
- 2) Cover and let sit for at least 30 minutes
- 3) Flush with boiling water

*Prevent your shower from clogging by using a drain trap to catch hair and empty trap regularly.

ORANGE OIL CLEANER-GREAT FOR KITCHEN USE

INGREDIENTS:

- Orange peels
- White vinegar
- Air tight container (like those used for canning)
- Spray bottle

DIRECTIONS:

- 1) Peel enough oranges (may do this over time when eating the oranges) to fill the container
- 2) Fill the container with enough vinegar to cover the tops of the oranges.
- 3) Put the lid on and set the container in a warm place (or sunny window) for 2-3 days
- 4) After sitting, pour the solution through a strainer and put into a spray bottle for use