

Toilet Cleaner

Ingredients: baking soda/Borax OR white vinegar and a toilet brush. Sprinkle baking soda/Borax, OR pour white vinegar into the toilet. With this ingredient, let toilet bowl sit for a few minutes. Scrub with a good toilet brush.

Oven Cleaner

Ingredients: baking soda, spray bottle of water and a rag or gentle sponge for cleaning. Cover the oven floor with baking soda and spray with water until very damp and leave overnight. Spray with water every few hours before you go to bed to keep damp. In the morning, clean out the baking soda and the grime will be loose and ready to scrub off.

Carpet Cleaner

Ingredients: baking soda, Borax, cornmeal, cloth or rag and a vacuum.

- 1) **For general cleaning**, blend 1/2 cup baking soda, 1 cup Borax and 1 cup cornmeal. Sprinkle mixture over rug and rub with a cloth. Leave for several hours or overnight, then vacuum.
- 2) **To remove stains** from carpet, mix 1/4 cup liquid Castile soap and 1/3 cup water in a blender until foamy. Spread the mixture on the carpet, leave for a few minutes and then scrub the stain with a brush or clean rag.

- 3) **Acidic stains**, (Like coffee, wine or juice) use club soda to remove stains. For bigger carpet spills, pour cornmeal on the spill, wait 15 minutes, then vacuum.

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Coffee/Tea Stains:

Rub cups or worktops with baking soda paste.

Air Fresheners:

Many houseplants remove pollutants as well as CO2 from the air, promote better work performance, absorb noise, filter dust and dirt from the air, elevate the general mood and reduce stress levels. Some of the best are Areca Palm, Rubber Plant, Peace Lily, Spider Plant and Ivy. Vinegar or lemon slices in an open bowl also rid rooms of odors.

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Avoid These Toxins

(which may be found in cleaning products)

List provided by PBVM - Newfoundland

Ammonia
Butyl Cellosolve
Formaldehyde
Hydrochloric Acid
Naphtha
Phenols
Propylene glycol
Sodium Hydroxide (lye)
Sodium Hypochlorite (chlorine bleach)
Sodium Lauryl Sulfate
Sulfuric Acid
Trichloroethane
Perchloroethylene
Petroleum Distillates



Sisters of the Presentation
of the Blessed Virgin Mary

In Joyful Service



PBVM Green Cleaning HINTS

Conference of the Presentation Sisters'
2011-2012 Goal:

Purchasing and utilizing products from companies that are sensitive to Earth in the entire life cycle of the product. Implementation will include spirituality, education and advocacy within and beyond our congregations, associates and employees.





Biodegradable Laundry Detergent:

- 1 gallon plus 2 cups hot water
- 3 tablespoons Borax
- 6 tablespoons Arm & Hammer washing soda (Not baking soda)
- 3 tablespoons Castile soap (Castile = vegetable-based)

Mix it all together.

General Cleaning:

- 1) 2 tablespoons white vinegar
- 1 teaspoon Borax

Put vinegar and Borax into a 16 oz. spray bottle; fill rest of bottle (saving room for one-fourth cup soap) with very hot water, shake to blend until Borax dissolves.

Then add:
1/4 cup liquid Castile soap

Option: add 10-15 drops of an essential oil; e.g. lavender, eucalyptus or rose, if you like scent.

This spray will keep indefinitely.

2) Simpler general cleaning option- clean with two cups of club soda in a spray bottle.

- 3) 1/2 cup vinegar
- 1/4 cup baking soda

Mix with a half gallon (2 liters) of water, store and keep.

Other General Cleaning Options:

- 1) 4 tablespoons baking powder, dissolved in 2 pints of warm water
- 2) Put baking soda on a damp sponge

Glass Cleaner:

- 1) Use undiluted vinegar or equal parts vinegar and water in a spray bottle
- 2) 1/4 cup white vinegar
- 1 tablespoon cornstarch
- 2 pints warm water

Mix, use with sponge or a spray bottle. Wipe dry with crumpled newspaper.

- 3) 2 tablespoons undiluted lemon juice or club soda
- 1 gallon of water

Mix and dispense into a used spray bottle. Wipe dry with newspaper to prevent streaking.

Bathroom Surface Cleaner:

- 1) For scouring, use baking soda or Borax.
- 2) For a soft scrub, combine 1/2 cup baking soda with enough liquid soap to achieve a frosting-like consistency.
- 3) 1 cup vinegar in 1 gallon of water works well, doesn't leave a film.

Antibacterial Spray:

- 1 cup purified or distilled water
- 4-8 drops essential oil

Combine ingredients in a spray bottle; shake to blend. Use liberally on non-staining surfaces or spray upward in the center of the room.

Germ-killing oils:
(Cinnamon - Lavender - Rosemary)

