



Fresh Air Cleaning Kit Recipes



Non-Toxic, Non-Asthma Triggering, Organic Cleaning Recipes that REALLY work!!!

Many people believe that homemade cleaners are not effective. Sometimes you may need to put in a little extra elbow grease, or let the cleaner sit for a bit, but homemade cleaners can be just as effective as conventional ones! Besides a clean home, the benefits include saving money, protecting the health of everyone in your home, and protecting the environment. Tip: Want your cleaners to smell better? Add lemon juice or essential oils.

All Purpose Cleaner

(Possible uses include: countertops/plastic chairs/toys/
refrigerator/microwave/walls/stove)

Supplies/Ingredients needed:

- $\frac{1}{2}$ cup vinegar
- $\frac{1}{4}$ baking soda
- $\frac{1}{2}$ gallon hot water

Mix ingredients in spray bottle. For very light jobs, you can also just use baking soda with water or $\frac{1}{2}$ cup vinegar with 1 quart water.

Refrigerator Cleaner

Supplies/Ingredients needed:

- 2 tbsp baking soda
- 1 quart warm water

Dissolve baking soda and water. Wipe down. You can also make a paste out of the baking soda and water for more stubborn spots. A small opened box will keep the refrigerator smelling fresh.

Window and Mirror Cleaner

Supplies/Ingredients needed:

- 3 tbsp vinegar
- 1 quart water

Mix ingredients in spray bottle. For a stronger solution, mix half and half vinegar and water.

Oven Cleaner

Supplies/Ingredients needed:

- $\frac{1}{4}$ cup baking soda
- 2 tbsp salt

Mix in hot water as needed to make a paste. Let paste sit for 5 minutes. Don't use on wires or heating elements.

Drain Cleaner

Supplies/Ingredients needed:

- $\frac{1}{4}$ cup baking soda
- $\frac{1}{2}$ cup vinegar
- 2 quarts boiling water

Pour $\frac{1}{4}$ cup baking soda followed by $\frac{1}{2}$ cup vinegar. Cover and let sit for 15 minutes. Follow with 2 quarts boiling water.

Wood Cleaner

Supplies/Ingredients needed:

- 2 tbsp olive oil
- 2 tbsp white vinegar
- $\frac{1}{4}$ cup lemon juice

Mix ingredients and rub into wood using a microfiber cloth. Rub in the direction of the grain.

Floor Cleaner

Wood Floors

Supplies/Ingredients needed:

1 cup vinegar per pail of water

OR

2 tbsp olive/vegetable oil

2 tbsp vinegar

$\frac{1}{4}$ cup lemon juice

Mix together, spray and mop.

Laminate Floors

Supplies/Ingredients needed:

$\frac{1}{2}$ cup white vinegar

1 gallon warm water

Mix ingredients. Don't over wet floors. Instead, apply with spray bottle. Mop. (Consider using a microfiber mop.)

Laminate/No Wax Floors

Supplies/Ingredients needed:

$\frac{1}{4}$ cup baking soda

2 gallons hot water

1 tablespoon dish soap

$\frac{1}{4}$ cup vinegar

Allow the baking soda to dissolve in the water, and when it's almost full, add 1 tablespoon of dish soap. Adding the soap too early can lead to lathery water that will leave unwanted marks on floors. When you have 2 gallons of hot water, you can add the $\frac{1}{4}$ cap of vinegar and you're ready to mop.

Proper Dilution of Bleach

Use dilutions specified on the label for sanitizing and disinfecting. Proper dilutions for 8.25% Sodium Hypochlorite (Concentrated):

Sanitizing: **1/4 teaspoon** bleach/quart (32oz) of water

Disinfecting: **1 1/2 teaspoons** bleach/quart (32oz) of water

Disinfecting bodily fluid spills: **4 tablespoons** bleach per quart (32oz) of water

Toilet Cleaner Recipe 1 (mild)

Supplies/Ingredients needed:

$\frac{1}{4}$ cup baking soda

1 cup vinegar

Mix ingredients and pour into basin, allowing to sit for 3 minutes to a half hour. Scrub with brush and rinse.

Toilet Cleaner Recipe 2 (stronger)

Supplies/Ingredients needed:

$\frac{1}{2}$ cup borax

1 gallon hot water

Mix solutions and scrub basin. Borax helps get rid of stains better than baking soda.

Alternatives to Using Bleach

These cleaners are a safe alternative to household bleach and can be purchased online. If you do not want to make your own cleaners, these are a good option.

RECOMMENDED PRODUCTS	HOW TO USE
 <p>Oxivir® Tb Sold as 946mL (1 US Qt)</p>	<p>Disinfecting with Oxivir® Tb and sanitizing with SaniDate® require a pre-clean step using non-antibacterial (triclosan-free) diluted soap.</p> <p>DISINFECTANT Use on the following surfaces</p> <ul style="list-style-type: none">• Diaper changing tables• Sinks• Toilets• Activity tables• Disposable diaper containers• Any area where bodily fluid spills occur <p>[Oxivir® Tb is also registered with the United States Environmental Protection Agency (USEPA) as effective against norovirus, HIV, Hepatitis B, Hepatitis C, MRSA, tuberculosis (TB), and other communicable diseases].</p> <p>This disinfectant contains hydrogen peroxide and must remain on the surface for one minute. One Qt. bottle of Oxivir® Tb will last approximately two weeks to one month per infant/toddler room.</p>
 <p>SaniDate® Ready to Spray Hard Surface Sanitizer Sold as 946mL (1 US Qt)</p>	<p>FOOD CONTACT SANITIZER Use on the following food contact surfaces</p> <ul style="list-style-type: none">• Snack tables• Meal tables• High chair tables <p>Use on other surfaces such as</p> <ul style="list-style-type: none">• Non-mouthed toys <p>This sanitizer contains hydrogen peroxide and must remain on the surface for one minute. One Qt. bottle of SaniDate® will last approximately two weeks to one month per infant/toddler room.</p>

Note: Make sure to search for SaniDate RTU. This is NOT the same as SaniDate 5.0, which contains an ingredient that increases asthma symptoms.