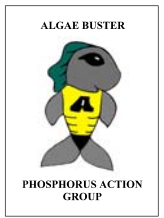




Alternative Cleaners



There are cleaners that you can use in your home which are not harmful to the environment or your family. Here are seven cleaning aids that are appropriate for use in your home. Always test the cleaner on a small area first to make sure that there are no unexpected reactions on the material being cleaned.

Bicarbonate of Soda (bicarb, soda, cooking soda, baking soda)

This can clean just about anything including: plastic surfaces, cups and plates, metals such as brass or copper, baths and basins, toilets, the oven, pots and pans, carpet, teeth, refrigerator smells and nappies. It is also good for indigestion. Note: Do not wet the powder or it won't work. Use a damp cloth to rub the bicarb over the surface.

Borax (sodium borate)

Borax comes from sodium borate which is found in the ground, dug up and then purified. Borax is poisonous so be careful with it. It can be used for removing mould and mildew, enamel surfaces such as basins and tiles, concrete paths, removing stains, fabric softener and eradicating ants (when mixed with sugar).

Lemon (lime also)



Lemon contains citric acid that is great for cleaning and bleaching things. It leaves a fresh smell and can be used to clean and brighten plates, cutlery, glasses, chopping boards, furniture, copper and nappies.

Salt (sodium chloride - cooking salt is a coarser abrasive than table salt)

Salt may be used as a disinfectant to bathe cuts and grazes, and clean chopping boards. It is also an abrasive to polish brass and copper and any other surface where you normally use an abrasive cleaner.



Soap

A gel made from grated or left over pieces of soap is great for washing hair, clothes and dishes. Avoid using scented soaps, and try to buy in bulk to avoid excess packaging.



Vinegar (white is best)

All vinegars contain acetic acid, which is the cleaning ingredient. White vinegar is the best to use for cleaning, as it is colourless. Vinegar is good for cleaning glass, chrome, tiles, slate, lino and cork floors, brass and copper, windows, mouldy surfaces, baths, toilets and basins. It is even good with fish and chips!!

Washing Powder (sodium carbonate)

Washing powder is a natural substance called sodium carbonate. It may be used as a water softener. It is also used to clean away grease, so walls and other painted areas, pots and pans and blocked drains are a specialty.

Alternative Cleaner Recipes

Window and Lino Cleaner

Mix equal parts of vinegar and warm water.

Furniture Polish

Mix two parts of vegetable oil to one part lemon juice. Great on all wooden furniture.

Scouring Powder

Mix equal parts of bicarb soda and salt. Great for any surface where you need an abrasive cleaner.



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