

Drain cleaner: For light drain cleaning, mix 1/2 C salt in 4 liters of water, heat (but not to a boil) and pour down the drain. For stronger cleaning, pour about 1/2 C baking soda down the drain, then 1/2 C vinegar. The resulting chemical reaction can break fatty acids down into soap and glycerin, allowing the clog to wash down the drain. After 15 minutes, pour boiling water to clear residue.

Caution: only use this method with metal plumbing. Plastic pipes can melt if excess boiling water is used. Also, do not use this method after trying a commercial drain opener — the vinegar can react with the drain opener to create dangerous fumes.



The information provided in this brochure is a starting point. There are numerous sources for more information about healthy homes on the web.

U.S. Dept. of Housing & Urban Development:
<http://www.hud.gov>

U. S. Environmental Protection Agency:
<http://www.epa.gov>

Centers for Disease Control and Prevention:
<http://www.cdc.gov>

Children's Health Alliance of Wisconsin:
<http://www.chawisconsin.org>



A HUD Healthy Homes Initiative

8600 Sheridan Road, Suite 600
Kenosha, WI 53143

Phone: 262-605-6762
Fax: 262-605-6725
E-mail: HUD@kenoshacounty.org

More Recipes for Healthy Cleaning

Kenosha County
Communities Partnership



A HUD Healthy Homes Initiative

Phone: 262-605-6762

Home Cleaning Recipes

NOTE: These formulas and substitutions are offered to help minimize the use of toxic substances in your home. Results may vary and cannot be guaranteed. Test in a small area first.

Air Freshener: Commercial air fresheners mask smells and coat nasal passages to diminish the sense of smell.

- Baking soda or vinegar with lemon juice in small dishes absorbs odors around the house.



- Having houseplants helps reduce odors in the home.
- Prevent cooking odors by simmering vinegar (tbsp in 1 C water) on the stove while cooking. To get smells such as fish and onion off utensils and cutting boards, wipe with vinegar and wash in soapy water.
- Keep fresh coffee grounds on the counter.

- Grind up a slice of lemon in the garbage disposal.
- Simmer water and cinnamon or other spices on the stove.
- Place bowls of fragrant dried herbs and flowers in the room.

Chopping Block cleaner: Rub a slice of lemon across a chopping block to disinfect the surface. For tougher stains, squeeze some of the lemon juice onto the spot and let sit for 10 minutes, then wipe.

Coffee & Tea Stains: Stains in cups can be removed by applying vinegar to a sponge and wiping. To clean a teakettle or coffeemaker, add 2 C water and 1/4 C of vinegar; bring to boil. Let cool, wipe with a clean cloth and rinse thoroughly with water.

Deodorize: Plastic food storage containers—soak overnight in warm water and baking soda. **In-sink garbage disposal units—**grind up lemon or orange peel. **Carpets—**sprinkle a little baking soda several hours before vacuuming. **Garage & Basements—**set a slice onion on a plate in the center of the room for 12 to 24 hours.

Disinfectant: Mix 2 tsp borax, 4 tbsp vinegar and 3 C hot water. For stronger cleaning power add 1/4 tsp liquid castile soap. Wipe with dampened cloth or use

non-aerosol spray bottle. **(This is not an antibacterial formula.)** To disinfect kitchen sponges, put them in the dishwasher when running a load.

Mold and Mildew: Use white vinegar or lemon juice full strength. Apply with a sponge or scrubby.

Marks on walls & painted surfaces: Many ink spots, pencil, crayon or marker spots can be cleaned using baking soda applied to a damp sponge. Rub gently, then wipe and rinse.

Laundry Detergent: Mix 1 C Ivory Soap, 1/2 C washing soda and 1/2 C borax. Use 1 tbsp for light loads; 2 tbsp for heavy loads.

Dishwasher Soap: Mix equal parts of borax and washing soda, but increase the washing soda if your water is hard.

Dishwashing Soap: Liquid Soap. Add 2 to 3 tbsp of vinegar to the warm soapy water for tough jobs.

A HUD Healthy Homes Initiative

8600 Sheridan Road, Suite 600
Kenosha, WI 53143

Phone: 262-605-6762

Fax: 262-605-6725

E-mail: HUD@kenoshacounty.org