



GREEN & CLEAN

SHOPPING LIST FOR RECIPES:

To make the cleaners below, you'll need the following:

- Baking Soda (Sodium Bicarbonate), a sodium salt
- Washing Soda (Sodium Carbonate), related to baking soda
- White Distilled Vinegar, an acid
- Liquid Castile Soap, (Olive, Coconut, and other vegetable oils)
- Organic Soap Flakes (Organic Coconut and Soy or Palm)
- Organic Food Grade Vegetable Glycerin, natural component of fats and oils.
- Borax (Sodium Borate Decahydrate), sodium and boron- a natural mineral
- Hydrogen Peroxide (H₂O₂), naturally occurring water like liquid
- Vodka
- Citric Acid, bitter acid found in fruits
- Essential Oils (yeah, doTERRA!)
- Kosher Salt
- Glass Spray Bottles, Containers, Mixing Bowls

Most of these ingredients can be found in your grocery store. A few might need a visit to Amazon or other internet retailer. Start up cost to get these ingredients might seem overwhelming. But, the cost per use remains significantly less than retail cleaners. They last a LONG time and you can use them in many ways around your home.

Also, it's a good idea to ditch the paper towel use as much as possible. Try micro fiber clothes for cleaning. They are great!

Laundry Soap (For machines including HE):

16 cups Baking Soda
12 cups Borax
8 cups Soap Flakes
3 tbsp Essential Oil of choice, i.e.
Lavender, Lemon, Grapefruit, etc.

Combine ingredients, mix with a wire whisk. Use 1/8 cup per load. Makes enough to last a family of 4 one year. Can reduce the recipe by 1/4 for a smaller batch :)

Fabric Softener:

1 cup Water
1 cup Baking Soda
2 cups White Vinegar
20 drops Essential Oil of choice

Choose a container big enough to accommodate the chemical reaction of the Baking Soda and Vinegar. Combine ingredients starting with water, essential oils, and baking soda. Add vinegar slowly to avoid volcano effect.

Use 1/2 cup in the rinse cycle or wet a washcloth and throw into the dryer with your clothes.

Air/Linen Spray:

1/4 cup unflavored Vodka
3 1/2 cups Filtered Water
20 drops Essential oils of choice-
Lavender, Lemon, Ylang Ylang,
etc.

In a small bowl, mix vodka and essential oil together. The alcohol works as an emulsifier, allowing the oil and water to mix evenly.

Pour the oil-vodka mix into the spray bottle, add the water and shake. Shake before using.

Dish Soap:

1 1/2 cup Hot Water
1/2 Castile Soap
1 tbsp White Vinegar
1 tbsp Washing Soda
1 tbsp Soap Flakes
10 drops each Lemon Essential Oil

Combine Castile soap, vinegar, washing soda, and soap flakes into a large bowl and add in the hot water. Whisk the mixture until ingredients are well blended and soap flakes have dissolved. Allow mixture to cool completely stirring occasionally. Add the Lemon oil after mixture has cooled.

Dishwasher Detergent:

1 cup Washing Soda
1 cup Borax
1/2 cup Kosher Salt
1/2 cup Citric Acid
20 drops Lemon Essential Oil

Mix together and store tightly covered in a glass jar. Use one tablespoon per load.

Dishwasher Rinse Agent:

Vinegar
Lemon Essential Oil

Fill rinse dispenser with vinegar and add 5 drops lemon essential oil.

All Purpose Cleaner:

1 cup Water
1 cup Vinegar
2 tsp Liquid Castile Soap
25 drops Essential Oil of choice, i.e. On Guard, Lemon, Melaleuca, etc.

Add all ingredients into a glass spray bottle. Shake before using.

Creamy Soft Scrub:

1/2 cup Baking Soda
Liquid Castile Soap
1 tsp Vegetable Glycerin
Essential oils of choice, i.e. Add Melaleuca for a mold killer, Lemon for shine, etc.

Pour baking soda in a bowl. Add Castile soap a little at a time to make a frosting like texture. Add in your essential oils and glycerin. Store in a sealed glass jar.

Fruit and Vegetable Wash:

1 cup Water
1 cup White Vinegar
1 tbsp Baking Soda
10 drops each Grapefruit &
Lemon Essential Oil

Combine ingredients and pour
into spray bottle.

Wood Cleaner:

1/4 cup White Vinegar
1/4 cup Water
1/2 tsp Liquid Castile Soap
1/8 tsp Olive Oil
10 drops Orange or Lemon oil

Combine ingredients and pour
into spray bottle.

Window/Mirror Cleaner:

1/4 -1/2 tsp Liquid Castile Soap
3 tbsp Vinegar
2 cups Water
10 drops Essential Oil of Choice-
Peppermint, Lemon, Orange

Pour ingredients into a spray
bottle, shake and use.

Wood & Stainless Steel Polish:

Olive Oil
10 drops Orange or Lemon
Essential Oil

Combine ingredients, use a soft
cloth to wipe then buff surfaces.