

Lemons: The Clean Fruit!

Hard water build up in bath or shower: Cut a lemon in half and use it to scrub the area. Use a scrub brush or pad and water to clear leftover debris.

Countertop Stain Remover: Countertop stain can be removed by rubbing the stain with lemon juice. Allow to stay on stain for a few minutes, then scrub the area with baking soda. Stains should disappear easily. Be careful not to leave lemon juice on too long.

Air Freshener: Use lemons as an air freshener. Cut 4 lemons into quarters. Put in a pot and cover with water. Simmer for about an hour and turn heat off. A wonderful lemon aroma will fill the room. *(Note: Some people react to the odors of lemons and oranges, even though they are considered "natural" so be careful.)*

Grease Fighter: Spray or rub lemon juice on greasy, sticky buildup. Allow to soak until buildup washes off. Lemon juice also has a bleaching effect.



www.cleanaircounts.org



Easy-Does-It Scrubbing Formula

Tub, Tile and Counter Top Cleaner

1/2 cup baking soda

Mix in enough liquid soap or detergent to make a frosting-like consistency

Add 5 drops of antibacterial essential oil such as lavender, tea tree oil, or rosemary (*optional*)

Pour the baking soda in a bowl; slowly pour in the liquid soap or detergent, stirring continuously, until the consistency reaches that of frosting. Scoop the creamy mixture onto a sponge, wash the surface, and rinse.



www.cleanaircounts.org



Save-the-Day All-Purpose Cleaner

This recipe makes 2 cups of formula, and it works on most types of dirt:

4 teaspoons Borax
½ teaspoon liquid soap or detergent
2 cups hot water
spray bottle

Combine the Borax, soap or detergent, and water in a spray bottle. Shake to blend. Spritz the area to be cleaned, and wipe with a clean soft rag. For difficult dirt, spray and leave the cleanser on the surface for five minutes or so before wiping.



www.cleanaircounts.org



“Let the Sun Shine In” Natural Window Cleaner

**Make a great all-purpose window cleaner
by combining:**

1/4 cup vinegar
1/2 teaspoon liquid soap or detergent
2 cups of water

Pour into a spray bottle and shake to blend.



www.cleanaircounts.org



Versatile Vinegar

There are many surprising uses for distilled white vinegar:

Toilet Bowl Cleaner: spray vinegar directly on the toilet bowl rim and wipe.

Poison Ivy Killer: spray vinegar directly on poison ivy.

Cutting Board Deodorizer: spray vinegar on the cutting board. Let set for at least ½ an hour. Rinse.

Window Cleaner: combine ½ cup of vinegar to 2 cups of water, and a ½ teaspoon of liquid soap or detergent. Pour into a spray bottle and shake to blend for easy, streak free window cleaning.

Wood Cleaning Rinse: after washing wooden floors, add 1 cup of vinegar to a gallon of water to the rinse water. The detergent or soap, and many odors, are neutralized by the vinegar.



www.cleanaircounts.org



Natural Household Cleaning Tips

White Vinegar: (cleans windows, counter tops, chrome, grease, floors, etc.) Cuts greasy residue.

Borax: (toilets, tubs, floors) disinfects, deodorizes, kills mold and mildew, and great for laundry – available in the detergent aisle at grocery stores like Jewel and in the cleaning aisle in hardware stores like Ace Hardware and Home Depot.

Baking Soda: place around your home in small bowls to absorb odors; also cleans sinks; great for laundry

Make-your-own furniture polish: 2 parts any vegetable oil, 1 part lemon juice

To get stuck-on food off a pot or pan: sprinkle salt, add cool water, leave for one hour, then wipe clean

Purchase non-toxic, biodegradable dishwashing detergents that do not contain chlorine or phosphates like BioShield Dishwasher Concentrate, Earth Friendly Dishmate, Ecover Dish Liquid, Naturally Yours Dishwashing Detergent, Seventh Generation Automatic Dish Powder, and Seventh Generation Dish Liquid.



www.cleanaircounts.org



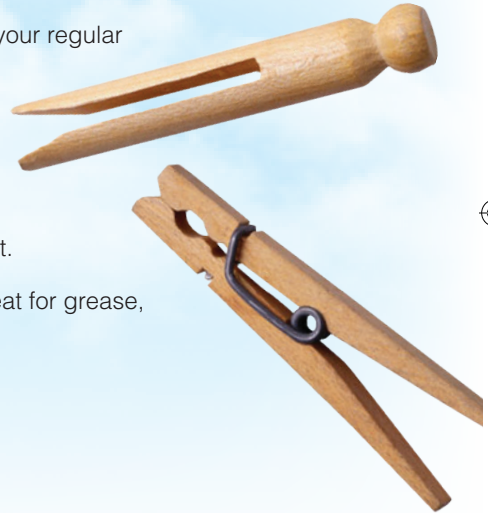
Green Laundry Secret Substitutes

Laundry Detergent Booster: Use ½ cup baking soda with your regular laundry detergent to get clothes cleaner, fresher, brighter.

Bleach: Use a chlorine-free, natural bleaching mineral like Sodium Percarbonate (*sold as "Country Save non chlorine" or in Oxo Brite*).

Fabric Softener: Use 1 cup of white vinegar in rinse cycle to soften clothes, remove odors and residual detergent.

Spot Removal: Use dishwashing liquid for spot removal-great for grease, ketchup and other stains.





www.cleanaircounts.org





*Make A
Visible
Difference*



Clean Air Counts is a northeastern Illinois regional initiative to reduce ozone-causing emissions, thereby improving air quality and enabling economic development. It is a collaborative effort between the Metropolitan Mayors Caucus, City of Chicago, U.S. Environmental Protection Agency Region 5, and Illinois Environmental Protection Agency. This multi-year initiative seeks to achieve specific and significant reductions in targeted smog-forming pollutants and major reductions in energy consumption.

Clean Air Counts is made possible through the support of The Searle Funds at The Chicago Community Trust, Grand Victoria Foundation, The John D. and Catherine T. MacArthur Foundation, Gaylord and Dorothy Donnelley Foundation, and the United States Environmental Protection Agency.

www.cleanaircounts.org

