

Make Your Own Eco-Cleaners!!

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COLUMBIA COUNTY
CONSERVATION DISTRICT

Why Clean Green?

- Safer and healthier
- Better for environment
- Costs less!



Why do we clean?

- Cleaning is defined as

“the activity of removing contaminants, pollutants, and undesired substances from an environment or surface to reduce damage or harm to human health or valuable materials”

(Cole, 1999).



But wait a second.....

Household **cleaners** are
one of main sources of
indoor air pollution!

Cleaners and children



- Children's developing bodies more sensitive to damage from chemical exposures (National Academy of Science, 1993)
- Children subjected to poor air quality at school are: less healthy (Myhrvold 1996), less able to concentrate (Myhrvold 1996; Smedje 1996) and do worse on tests (Shaughnessy 2006).

Benefits to the environment

- Free of ozone-depleting chemicals
- Less toxic to aquatic life
- Less likely to build up in the body
- Fewer smog-producing chemicals
- Degrade quickly in the environment
- Less greenhouse gas emissions from shipping
- Re-used containers



Economic Savings

Commercial Products

- Windex: \$3.00/32 oz
- Lysol Disinfectant Spray: \$4.62
- Tide Powder 63 loads: \$12 (.20/load)
- Dr. Bonners Organic tea tree handsoap -12 oz: \$9
- Arm & Hammer Pet Fresh: 42.6 oz: \$3.79

TOTAL: \$32.41

Home made Eco-friendly Product

- Glass cleaner: \$1.40 and only .40 to refill!
- Multipurpose Spray: \$2.00; \$1.00 to refill!
- Laundry powder or 100 loads: \$5.00 (.05/load); \$4 to refill
- Handmade tea tree /sweet orange handsoap- 16 oz : \$3.50/ 2.00 to refill
- Carpet Sprinkle: \$1.18 + essential oil (1 cent/drop)

TOTAL: \$8.70



What's under your sink?

- Comet
- Pinesol
- Simple Green
- Windex

COMET

146 contaminants, including formaldehyde, benzene, chloroform, and four other chemicals identified as causing cancer or reproductive harm

PINESOL

contains formaldehyde, a known carcinogen and asthmagen, and neurotoxin

SIMPLE GREEN

released 93 chemicals, including
2 linked to cancer (2-
butoxyethanol and acetaldehyde)
and one linked to asthma
(formaldehyde)

W I N D E X

Contains ammonia (irritant to respiratory tract) and propylene glycol (respiratory hazard and toxic to human organs)

How did granny clean?



Four basics:

- Baking Soda
- Borax
- Soap
- White Vinegar or Lemon Juice



Some EASY recipes!!!

- Laundry Detergent
- Glass Cleaner
- Hand soap
- Carpet Sprinkle
- Multi-purpose Disinfectant Spray

Let's Make Some! Multi- purpose Spray

- ½ water
- ½ vinegar
- 15 drops tea tree oil
- 15 drops lemon oil

