



green cleaning demo

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All-Purpose Cleaner (Great for Glass)

1	cups	white distilled vinegar
1	cups	Water
4	drops	essential oil (optional)
2	drops	liquid dish detergent

Soft Scrub

1	cup	baking soda
1/4	cup	liquid castile soap*
2	tsp	vegetable glycerin (acts as a preservative)
2-4	drops	Antibacterial essential oil such as lavender, tea tree, rosemary or other (optional)

Mix together and store in a sealed glass jar, shelf life of 2 years.

Natural Disinfectant Spray

1	cups	distilled water
1/2	cups	white - grain vinegar
4	drops	lavendar oil
4	drops	tea tree oil

Relevant Websites

More Recipes

www.womenandenvironment.org & www.alaw.org/pdfs/green_cleaning_resource_list_brochure.pdf

Cleaners Test Results (source: Environmental Working Group)

www.ewg.org/schoolcleaningsupplies/cleaningsuppliesoverview

Household Cleaning Products & Effects on Human Health (source: Women's Voices for the Earth)

www.womenandenvironment.org/campaignsandprograms/SafeCleaning/safecleaninghealth

Household Products Database - Searchable (source: US Dept of Health & Human Services)

householdproducts.nlm.nih.gov

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