

Allergy friendly alternatives to harsh chemicals

Often the chemicals from commercial cleaning products can irritate your allergies. Did you know that some basic household items can clean just as well? Here are some substitution ideas.

- Ammonia - cuts grease, strips the wax off floors, and cleans windows
- Baking soda - cleans, deodorizes, scours, polishes, and removes stains
- Bleach - whitens practically anything and removes mold and mildew
- Borax - alternative for bleach, deodorizes, prevents mold, removes stains and boosts the cleaning power of soap
- Cornstarch - cleans and deodorizes carpets and rugs
- Ketchup - cleans copper
- Lemon juice - cuts grease and stains on aluminum and porcelain, whitens
- Salt - makes an abrasive, but gentle, scouring powder
- Vegetable oil - furniture polish
- White vinegar - cleans windows, shines metal surfaces, removes mildew, stains, grease and wax buildup

Try mixing some the ingredients from above to create better cleaners. Some example "recipes are below".

Note: NEVER MIX BLEACH AND AMMONIA TOGETHER.

- Ceramic tile cleaner - use a combination of 1/4 cup baking soda, 1/2 cup white vinegar, one gallon warm water, and one cup ammonia
- Furniture polish - combine 1 teaspoon lemon juice with one-pint mineral or vegetable oil
- Mold growth prohibitor - dilute 3/4-cup chlorine bleach in 1 gallon of water and apply to affected areas or apply full-strength white vinegar
- Oven cleaner - fill a small glass bowl with 1/2 cup full-strength ammonia, place in oven and close. Let stand overnight.
- Painted walls and woodwork cleaner - combine 1/4-cup ammonia with 1-gallon warm water OR combine 1/4 cup liquid dish detergent with 1 gallon water
- Scouring powder - combine baking soda with a touch of salt
- Toilet bowl cleaner - combine baking soda and vinegar or use 1/2-cup chlorine bleach
- Window or mirror cleaner - Combine 3 Tablespoons ammonia, 1 Tablespoon white vinegar and 3/4 cup of water or 1/4 cup white vinegar and 1 quart of water. Wipe dry with newspaper.