

GREEN CLEANING DIRECTIONS		
CHORE	VINEGAR	BAKING SODA (bicarbonate of soda)
Persistent room odors	Place a bowl of vinegar in the room overnight.	A box or small bowl of baking soda will keep away unpleasant odors.
Spills on carpet	Use a sponge or cloth to soak up as much liquid as possible. Then spray w/a mixture of half vinegar, half water. Let stand for about 2 minutes then blot with towel or sponge. Repeat as necessary.	Blot as much as possible. Then clean as you normally would. When finished, sprinkle with baking soda, Vacuum. This will decrease the chance that some of the spilled item will remain in the carpet and cause unpleasant odors later.
More persistent stains	Mix 1 teaspoon or vinegar, 1 teaspoon liquid dish soap, and 1 cup of warm water. Proceed as suggested above. When finished cleaning, dry using a hairdryer set on low	To remove scuff marks or grease-- spills from the floor, sprinkle with baking soda and then wipe with a warm, damp cloth.
Clean windows	Spray w/half vinegar, half water. Wipe clean w/either newspapers or cloth.	
No-wax floors	Clean with a solution of 1 cup vinegar per gallon of water for a shinier surface.	Use a baking soda paste (3 part baking soda, one part water). Apply, let stand, then scrub or wipe clean.
Scuffs on floors		To remove scuff marks or grease spills on floors, sprinkle with baking soda and then wipe clean with a warm damp cloth. Safe even for no-wax floors.
Remove odors from carpets		Sprinkle baking soda on the carpet and vacuum about 15 minutes later. Repeat as needed.
Remove odors from sink or garbage disposal	Pour in a cup or more vinegar. Do not rinse out again for at least an hour.	Sprinkle baking soda and let sit, then rinse.
Clogged drain	First pour in ½ cup baking soda. Then add an equal amount of vinegar. When the mixture finishes bubbling, rinse with warm water. (NOTE: some garbage disposals do not react well to this cleaning method; check with the manufacturer first.)	Avoid clogged drains by pouring ¼ cup baking soda down weekly. Rinse thoroughly with hot water.
Remove strong scents like onion and garlic, as well as stains from the fruit juices	Wipe your hands with vinegar after chopping.	
Remove strong odors	Rinse jars w/a half and half mixture of vinegar and water to remove garlic or other strong odors. Boil water w/several spoons of vinegar to remove the smell of burnt food from your kitchen	A small bowl or box of baking soda in the refrigerator and freezer will eliminate odors
Clean microwave	Put a microwave-safe bowl of ½ cup vinegar and 1 cup water in the oven, and cook long enough to boil. In addition to removing any lingering odors, this will loosen any baked-on food from the microwave walls.	
Clean kitchen surfaces- counters, refrigerators, stove tops.	Use vinegar	Sprinkle baking soda on a damp cloth. Wipe, and then rinse with clean water.

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Odors in the trash		Sprinkle baking soda in the bottom of the pain and add some each time you add a new bag.
Burnt-on food	Put vinegar, warm water, and a small squirt of dish sop in the pot. Let sit for a few minutes and then boil for a few minutes while stirring.	Sprinkle the pot with baking soda, and then add hot water. Let soak over night. Dried, burnt on food should be easier to remove.
Remove corrosion or chemical build-up from showerheads	Soak in vinegar overnight	Use a baking soda paste (3 part baking soda, one part water). Apply, let stand, then scrub or wipe clean.
Remove stains from toilet bowl	By spraying with vinegar and spraying	Use a baking soda paste (3 part baking soda, one part water). Apply, let stand, then scrub or wipe clean.
Remove soap build-up from faucets.	Clean w/a mixture of 1 part salt to four parts vinegar	
Prevent mildew in shower and shower curtain	Spray with vinegar	
To keep colors from running in the wash	Soak in vinegar before washing	
Decrease lint on clothing	Add ½ cup vinegar to the rinse cycle	
Remove persistent stains and grease stains	Gently rub stain with vinegar, then wash	Remove grease stains, either add baking soda to the wash load or pre-treat the stains with a baking soda paste.
To make brights brighter	Add ½ cup of vinegar to the rinse cycle.	
Remove scorch marks from an iron.	Rub with a mixture of vinegar and salt.	
Remove soap residue from the washing machine.	Run an empty (no laundry) cycle with one cup vinegar added.	
Remove the smell of smoke from clothing.	Add a cup of vinegar to a tub of hot water. Let clothing hand in the same room for several hours.	
To increase the effectiveness of chlorine bleach		Add ½ cup to your laundry along with the usual amount of bleach.
To keep your clothes hamper fresher		Sprinkle a little baking soda every day between emptying the hamper.
To soften water		Add ½ cup of baking soda to your wash. It will restore the absorbency of towels.

**** Please remember that if you are cleaning up blood or Other Potential Infectious Material (OPIM) you must use a bactericidal product such as bleach and water (1:10 solution)**

To disinfect areas other than in the box above you can use distilled white vinegar (5% solution).

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Clean wood paneling.	Use a mixture of ½ cup vinegar, and 2 cups of warm water. Apply to paneling w/soft cloth. Dry w/a clean cloth.	
Remove stickers	Moisten w/vinegar, let sit for at least 10 minutes, then remove	
To keep cats off of window sills and other surfaces	Spray the surface with vinegar. Can also be used to keep cats from scratching upholstery. Test spray on an unnoticeable area of the fabric first.	
Litter box		Sprinkle in the litter box each day to help prevent odors.
Urine odor on woodwork		Sprinkle with baking soda. Leave on until you sweep or vacuum.
Urine smell on rubber mats		Sprinkle well with baking soda.
Burnt food on the grill		Sprinkle the grill with baking soda, and then soak. After several hours the charred pieces will come loose more easily.
Lawn furniture		Use a solution of ¼ cup baking soda in 1 quart of warm water.
Keep ants away	Spray vinegar along doorways, windowsills, countertops – anywhere that ants are likely to appear. If you find an ant trail, clean it with vinegar.	