



The
Clean
green
CLEANING
COOKBOOK

The logo features the word "Clean" in a large, blue, rounded font with three water droplets above it. The word "green" is in a large, green, rounded font with one water droplet to its left. The words "CLEANING" and "COOKBOOK" are in a smaller, green, sans-serif font stacked below "green". The word "The" is in a small, blue, sans-serif font positioned above the "C" in "Clean".

Household Disinfectant

1/2 CUP BORAX*
4 LITRES HOT WATER

Mix together. Borax can also be used as an alternative to bleach.



** Boric acid (Borax) is found naturally in our environment but those sensitive to it should limit their exposure.*

Drain Cleaner

$\frac{1}{2}$ CUP BAKING SODA
 $\frac{1}{2}$ CUP WHITE VINEGAR
2 LITRES BOILING WATER

Pour baking soda down the drain followed by vinegar. Cover drain and leave for 15 minutes. Flush with two litres of boiling water.



Lemon-Based Cleaner

4 TBSP. BAKING SODA

1 LITRE WARM WATER

LEMON

Combine baking soda and warm water.
Add lemon juice as needed to cut grease.
For use on counter tops, walls, floors and
upholstery. This cleaner may contain pulp.



Vinegar-Based Cleaner

1/2 CUP VINEGAR

1 LITRE WARM WATER

Combine vinegar and warm water.
For use on counter tops, walls, floors
and upholstery.



Toilet Bowl Cleaner

BORAX*

LEMON JUICE

BAKING SODA

Make a paste of Borax and lemon juice. Let stand, then scrub. Alternatively, sprinkle a few tablespoons of baking soda and scrub with brush. Add a few drops of lemon juice for freshness.

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Powdered Laundry Soap

1 CUP SOAP GRANULES
1/2 CUP BORAX*
1/2 CUP WASHING SODA
10 DROPS ESSENTIAL OIL



Combine dry ingredients. Add essential oil. **1-2 tbsp per load.**

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Scouring Powders

BAKING SODA

VINEGAR

SALT

Use baking soda as an alternative to conventional scouring powders. Alternatively, combine vinegar and salt for an effective surface cleaner.



Oven Cleaner

BAKING SODA

SALT

Mix together in equal parts. Add enough water to produce a paste. Apply to surface and scrub with a scouring pad.



Ammonia-Free Spray Cleaner

$\frac{1}{4}$ TSP. DISH SOAP*
WHITE VINEGAR

Mix together in a spray bottle.

*not antibacterial



Liquid Laundry Soap

7 LITRES HOT WATER

1 CUP SOAP GRANULES OR FLAKES

$\frac{1}{2}$ CUP BORAX*

$\frac{1}{2}$ CUP WASHING SODA

10 DROPS ESSENTIAL OIL

Add 1 litre water and soap granules to pot. Heat until diluted. Pour into pail with remaining water, Borax and washing soda. Stir until dissolved. Add essential oil. Soap will gel as cools. **2 tbsp per load.**



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Borax-free Liquid Laundry Soap

7 LITRES HOT WATER
1 CUP BAKING SODA
1 CUP LIQUID CASTILE SOAP
1/3 CUP COARSE SALT



Combine dry ingredients in hot water. Add soap & stir. **1/2 C per load.**

Original recipe from the David Suzuki Foundation.



David
Suzuki
Foundation

Adhesive Remover

BUTTER

Peel off as much of the sticker as possible. Rub butter generously on the remaining adhesive and allow to sit for half an hour. Once adhesive has softened, gently scrape off. Rub or buff away the remaining glue with a paper towel. Wash the surface with soap and water. Vegetable oil can be substituted for butter.



Degreaser (Natural Solvent)

2 TBSP. BAKING SODA

1 TBSP. CASTILE (LIQUID) SOAP

25 DROPS ORANGE ESSENTIAL OIL

Mix baking soda and castile soap together to form paste. Blend in orange oil. Apply paste to surface and rub it in a little. Allow paste to sit for 15 minutes. Using damp cloth, rub paste into surface. Finish by using soap and water to remove.



Hand Cleaner

2 TBSP. COCONUT OIL

1 TBSP. WHITE SUGAR

CHOPPED ZEST OF 1 ORANGE

Cream all ingredients together in a small bowl. Apply to dry hands and use as a scrub for about 30 seconds. Wash off with soap and water.



*What you put down
the drain matters!*

Learn more at www.crd.bc.ca/cleanwater

CRD