

Recommendations for Cleaning Product Easy Swaps by Beth Greer

I clean my home with a handful of ingredients that have a long track record of being nontoxic. Replace household cleaners like Clorox, Comet, Pine Sol with non-toxic ones like:

[Dr. Bronner's Sal Suds Cleaner](#), a biodegradable cleaner that's made with plant-based surfactants, natural fir needle and spruce essential oils (no synthetic dyes, fragrances or preservatives).

- Certified organic by the USDA National Organic Program and certified Vegan by Vegan Action
- Packaged in 100% post-consumer recycled (PCR) plastic bottles. Dr. Bronner's is committed to environmental protection, ethical sourcing, and fair trade practices

(I add just a little bit to water and use in an [amber glass spray bottle](#) to clean my kitchen countertops)

[White Vinegar](#)

This is industrial grade vinegar and not intended for consumption. I use this (mixed with water) to clean surface areas and wood floors. Be careful on marble.

Vinegar can be used to replace many commercial home and garden chemicals and is a safer and cheaper alternative. Below are some uses for vinegar.

- Clear mineral deposits from a steam iron
- Clean lime deposits and calcium sludge from drip coffee maker
- Clean rust from tools
- Keep garbage disposal clean and smelling fresh
- Remove coffee stains from stained cups and pots

- Prevent misty spots on glassware
- Eliminate cooking odors in the kitchen
- Deodorize an old lunch box
- Clean food-stained pots and pans
- Wipe away food caked into the microwave
- Clean eyeglasses
- Prevent lint from clinging to clothes
- Remove perspiration stains from clothes
- Prevent bright colored clothes from fading
- Remove stains from furniture upholstery and clothes
- Clean soap scum, mildew and grime
- Unclog a shower head
- Mopping floors
- Clean grout haze
- Clean windows
- Prolong life of flowers in vase

Hydrogen Peroxide

This is a good replacement for bleach. It can whiten whites in the laundry. Use full strength to kill mold in your bathroom.

Baking Soda

With laundry, I add it to the washing machine for extra cleaning and deodorizing. In the refrigerator, it helps minimize odors. And with baths, it helps detox.

Bon Ami powder cleanser

- For use on cookware, stainless steel sinks, hard kitchen & bathroom surfaces
- Will not scratch

- Cleans without dye, perfume, or chlorine

doTerra Essential Oils

I use essential oils for cleaning, healing, and self care. Lemon oil and fractionated coconut oil are great for cleaning / polishing / moisturizing wood surfaces. Lavender and peppermint oils are also great for cleaning, and for soothing mosquito bites. I add peppermint oil into my morning smoothie if I'm out of fresh mint from my garden. I like diffusing sweet orange oil in my home.

Seventh Generation Dishwashing Detergent

This product has an A from the Environmental Working Group.

Crystal Wash Balls, Laundry Detergent Alternative

- This is my latest find...it took the stains out of a cleaning rag and my wash smells great. Lasts for 1000 loads of laundry
- No Detergents, No Perfumes, No Dyes, No Chemicals
- All Natural, Safe for the Environment
- Proven As Effective As Laundry Detergent
- Save Hundreds of Dollars Per Year on Laundry Detergent

Eco Soap Nuts Laundry Soap Alternative

- These are dried de-seeded soap berries from trees that grow in the Himalayas
- Use as a detergent and softener

Also, refer to MadeSafe.org and EWG.org for seals of approval

* Some links in this handout are affiliate links to products I use and highly recommend. This means that I receive a small fee which helps support my website and work.