

Day 21: Clean

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What Do We Use?



These are the products that my family uses to clean the house. All of these shown contain toxic chemicals, which can lead to diseases and illnesses.

The smell is also very strong, and causes me headaches whenever I'm cleaning for too long.

However, my family is starting to use green cleaning products as well! After Day 9 of the Project Green Challenge, my mom told me that she was going to try and buy more organic body care products. When I informed her that her shampoo caused cancer, she decided to buy something more environmentally friendly.

Look, it's Dr. Bronner's Hemp Soap! My family loves this product, we've been through 3 bottles and use it for a variety of things.



Green Recipe

Kristen (EcoExpress)'s Own Recipe!

- 2 tbsp. Vinegar
- 1 tbsp. Baking soda
- 2 cups of water

Mix everything together thoroughly!

From a very early age, my mom taught me to use this vinegar/baking soda alternative whenever we didn't have cleaning supplies in the house.

I've been using this recipe for 5 years now, and it really makes the house seem cleaner!

LET'S CLEAN!



My dining table was really dirty with the leftover from dinner. So, I took a biodegradable paper towel and, using my solution, cleaned the table.

The Results



Wow, it's so clean now! It's also odorless, unlike the cleaning supplies that I usually use. I didn't get any headaches, and I feel really good about my now clean table.

My parents haven't seen it yet, but they're going to be so happy when they see a spotless table!

I normally clean the bathroom with this solution, but I cleaned the bathroom yesterday, so it wouldn't matter.

More Recipes

Sourced from [eartheasy.com](https://www.eartheasy.com) The only ingredients you'll need is vinegar, baking soda and water.

Air Freshener: “Baking soda or vinegar with lemon juice in small dishes absorbs odors around the house.”

Odor Remover: “Prevent cooking odors by simmering vinegar (1 tbsp in 1 cup water) on the stove while cooking. To get such smells as fish and onion off utensils and cutting boards, wipe them with vinegar and wash in soapy water.”

Carpet Stains: Mix equal parts white vinegar and water in a spray bottle. Spray directly on stain, let sit for several minutes, and clean with a brush or sponge using warm soapy water.

Tub and Tile: For simple cleaning, rub in baking soda with a damp sponge and rinse with fresh water

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