

PGC – Day 24 – Home – Greenest – 2021

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HOME

CHALLENGE

Take a closer look at one of your most-used cleaning products. Pick an ingredient and find it in the MADE SAFE Chemical Profile list or EWG's Guide to Cleaning supplies and Your Health. Share the chemical and what you learned about that ingredient.

I choose to investigate on Sodium Lauryl Ether Sulfate, an ingredient used in the all-purpose cleaner we use.

For something to be harmful, irritant or allergenic, it has to fulfil two criteria. It has to have been found in studies to irritate human skin, and it has to have the ability to penetrate the skin.

Sodium lauryl sulfate allows shampoos and other body products to foam. ... According to the Environmental Working Group's Skin Deep Cosmetic Safety Database, SLS is a "moderate hazard" that has been linked to cancer, neurotoxicity, organ toxicity, skin irritation and endocrine disruption. In fact, SLS is so known to cause irritation, it's used as a positive control in dermatological testing.

Now, find a safer alternative for your product and tell us what it is. Check out EWG's top product list or another trusted company or database. Write why it seems to be a better option.

The product I chose is: Attitude Nature + little ones Laundry Stain Remover, Unscented

Because compared to other products, it seems to be greener, and healthier to use.

Asthma/Respiratory: Some Concern

Skin Allergies & Irritation: Low Concern

Developmental & Reproductive Toxicity: Low Concern

Cancer: No Data/ Some Concern

Environment: Low Concern

Moreover, it is Green Certified and the producer company is a PETA Cruelty-free company.

What about using what you have at home to make a DIY cleaning product? Just like what you learned in the PGC Body Challenge, with DIY cleaning products, you avoid toxic ingredients and know exactly what you're using! Common household items like baking soda, vinegar, lemon juice, and essential oils can yield very simple inexpensive products that are as effective, if not better than what you without the risk of undisclosed toxins that harm people and currently use planet. It's time to roll up your sleeves, make a simple cleaning product, and discover just how fun and easy green cleaning can be.

To begin, find a recipe for a DIY eco-friendly cleaning product. Check out Lisa Bronner's Green Cleaning Starter Kit to get started, as well as ideas from Women's Voices for the Earth. Use what you have and try to borrow other ingredients you need, so you don't have to purchase anything. Consider reusing a spray bottle or recycling another container for a receptacle.

The recipe I chose to make my own all-purpose cleaner is here:

Ingredients:

- Spray bottle
- Small funnel
- 1/2 cup white vinegar
- 2 tablespoons baking soda
- Tea tree essential oil
- Eucalyptus essential oil

Instructions:

1. Take the top off of an empty spray bottle, place a small funnel into the opening and pour in 1/2 cup of white vinegar.
2. Add 2 tablespoons of baking soda, and wait for the foaming to subside.
3. Add in 10 drops each of tea tree and eucalyptus essential oil.
4. Fill the rest of the bottle with water.
5. Screw the spray top onto the bottle, and shake well before use.

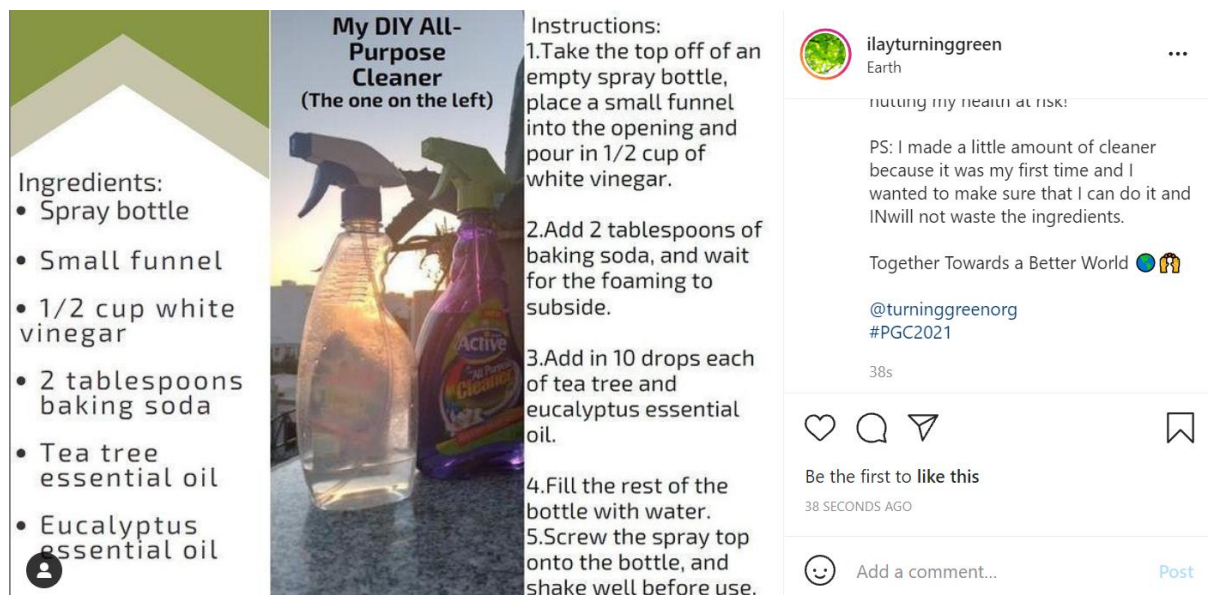
Then test it out! How does it compare to products you have used in the past?

It did not make much difference, they function the same. I am glad that I chose a recipe which paid.

Make a drawing, illustration of your DIY cleaning product with the recipe. Post it, as well as a photograph of the finished product on Instagram with a caption of one reason why cleaning green is important for human and environmental health.

Link to my Instagram post:

[/https://www.instagram.com/p/CVdDTT0M0eL](https://www.instagram.com/p/CVdDTT0M0eL)



Caption:

In this challenge, I'm supposed to tell why green cleaning? I'm gonna say, why not?

- I know what I added to my cleaner.

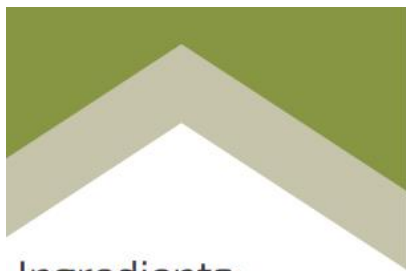
- My cleaner is not harmful to my health, because I did not use those crazy ingredients mentioned on conventional cleaners.
- It does not irritate my skin.
- It does not harm the environment since I do not use dangerous chemical ingredients, thus I'm respecting the Earth, my one and only home.
- It functions just like conventional cleaners, and even better.
- It costs much less to produce.

*** and most importantly, by using home-made all-purpose cleaner, I'm not cleaning my home at the expense of putting my health at risk!

PS: I made a little amount of cleaner because it was my first time and I wanted to make sure that I can do it and I will not waste the ingredients.

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My DIY All-Purpose Cleaner
(The one on the left)

Instructions:

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Resources:

<https://www.familyhandyman.com/project/how-to-make-homemade-cleaner-with-simple-ingredients>

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<https://www.google.com/url?sa=t&source=web&rct=j&url=https://medicine.uq.edu.au/article/2019/12/what-sodium-lauryl-sulfate-and-it-safe-use&ved=2ahUKEwj4jaOoy-XzAhVNs6QKHxz7D3wQFnoECB4QBQ&usg=AOvVaw2d5MH-Hm1nyHjJNrNe-DKS>

<https://www.ewg.org/guides/cleaners/6076-AttitudeNaturelittleonesLaundryStainRemoverUnscented>

