

GREENEST

Emma Melis (Individual)

City: Montreal

Username: emma.melis@rogers.com

Province: Quebec

Email: emma.melis@rogers.com

Country: Canada

School: McGill University

Think

In 1976 a bill was passed called the [Toxic Substances Control Act \(TSCA\)](#) to protect people and planet from harmful chemical exposures. Yet, some 62,000 toxins escaped testing and most can still be found on the market. Since 1976, [over 22,000 chemicals](#) have been introduced without any testing for public or environmental safety.

Many of these chemicals can be found in our everyday products including those we clean with. Companies are not required to list ingredients on labels, so we wind up vulnerable to many undisclosed toxins. As consumers, we must be informed in order to make healthy choices and demand that companies make human and environmental health a top priority. TG partner, Women's Voices for the Earth has dedicated many years to amplifying women's voices to eliminate the toxic chemical that harm our health and communities. Check out their website [here](#) to see how they make this vision a reality! And just so you get a sense for a company that is living its values take a look at the [Cosmic Principles](#) of our partner Dr. Bronner's!

Challenge

It's very simple (and economical) to make your own cleaning products from common household items like baking soda, vinegar, lemon juice, organic castile soap and organic essential oils. Time to roll up your sleeves and make a simple DIY cleaning product. Find out just how easy and effective green cleaning can be!

- Find a recipe online for a simple multipurpose cleaner, or a cleaner meant for toilets, sinks and showers.
 - Here are some Youtube videos that you can check out to get you started: [Lisa Bronner's Green Cleaning Starter Kit](#).
 - You can also check out [Women's Voices for the Earth](#), an organization working to get rid of the toxic chemicals in our everyday household cleaning, beauty and hygiene products.
 - Use what you have or borrow the ingredients you need. Reuse a spray bottle or other container, and find a zero waste option for scrubbing or application.
 - I had some baking soda, borrowed some vinegar from a kitchen in my building, used a few drops of lavender essential oils from a friend in my residence, and

used an empty spray bottle (that I'd used for water during the hot weeks of student orientation last month) to make the Homemade All-Purpose Cleaner pictured in the infographic pictured below. The entire process took less than 10 minutes to do (after I'd sourced all the ingredients and materials), and now I can feel really good about knowing each and every ingredient that I'm using to clean my living space! It's also very reassuring to know how to make a cleaning product whose ingredients are ingestible.

- For scrubbing and wiping, I've crocheted circular wipes out of leftover string (coarse and soft for different textures), and will use these reusable wipes to ensure this new method of cleaning is both natural *and* zero-waste. (See picture)



- **Important tips:**
 - Don't mix castile [soap and vinegar](#) – one is a base, one is an acid, so they will react and cancel each other out. Don't mix baking soda and vinegar for the same reason. Don't use vinegar on granite, marble, stone, iron or hardwood floors. Vinegar could damage these surfaces.
- Go ahead and make your new cleaner.
 - Use it to clean your bathroom or other space. How does it smell compared to the products you have used in the past?
 - Homemade cleaning supplies smell *a lot* less toxic and chemical than store-bought cleaning supplies.
 - **Tip: pick your favorite essential oil scent and add a few drops into your new cleaning product for a lovely smell!**
 - My favourite essential oil scent is lavender!
- Create a drawing, photo or illustration of your DIY cleaning product with the recipe. ([Here's](#) a fun example). Post to Instagram and caption it with one reason why cleaning green is important to human and environmental health. Tag [@TurningGreenOrg](#), [@drbronner](#) [@women4earth](#), [@madesafehq](#) and use the hashtags #PGC2018 and #GreenClean.



HAZARD-FREE HOME

homemade and natural cleaning supplies

THE MAIN INGREDIENTS:

1. white vinegar



2. baking soda



3. essential oils



4. water



5. lemon



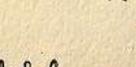
6. kosher salt



7. castile soap



8. olive oil



9. cornstarch



10. rubbing alcohol



SOME RECIPE IDEAS:



Homemade All-Purpose Cleaner

- 1/2 cup white vinegar
 - 2 tablespoons baking soda
 - 10 drops of essential oils
 - equal ratio of water
- Add together, shake, and spray!



Homemade Oven Cleaner

- 1/2 cup baking soda
- 2-3 tablespoons water
- 1/2 cup white vinegar

→ mix, stir together, spread onto oven, and let rest overnight. Then use vinegar to spray onto the mixture and form a chemical reaction and clear the oven. Wipe clean with a cloth.



Homemade Mirror and Glass Cleaner

- 1/4 cup white vinegar
- 1/4 cup rubbing alcohol
- 1 tablespoon cornstarch
- 2 cups water

→ Combine and mix well in a spray bottle. Spray onto glass surface and wipe clean.



Homemade Fabric Softener

- 5 1/2 cups of water
- 1.5 fl. oz. of natural hair conditioner
- 2.5 cups white vinegar
- 20 drops of essential oils for fragrance

→ Combine all ingredients into a bowl and mix well. Pour into an empty storage container. Use approximately 1/4 cup per washload.



Homemade Wood Polishing Spray

- 3/4 cup olive oil
- 1/4 cup white vinegar
- 80 drops essential oil

→ Combine ingredients in a spray bottle and shake vigorously.



Deliverables

Upload a PDF Document with your responses, photo or drawing, and a full report on how your DIY process went. Include a screenshot of your social media post. Please include your name (or team name), username, email address and school.

SUBMITTED AT: 1:10 AM ET 23 October 2018