

TEAM NATURE NERDS

PGC Day 22

home



naturenerds

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Our Ingredients

WE FOUND THE FOLLOWING ITEMS
READILY AVAILABLE AT OUR HOMES:

- distilled white vinegar
- baking soda
- pure castille soap
- spray bottle



With this set of items, I tried
two recipes and both of
them worked like miracles!

Recipe #1:

all purpose cleaner

This recipe is from <https://www.womensvoices.org/take-action-with-womens-voices/green-cleaning-parties/green-cleaning-recipes/>



before



after

Ingredients:

- 2 cups white distilled vinegar
- 2 cups water

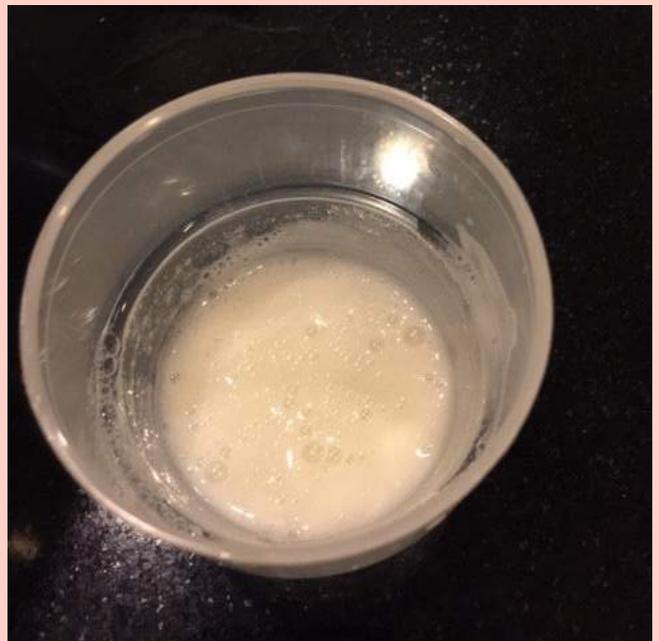
We mixed them in the spray bottle and applied it to my shower head, which currently has water stains. I let it sit for 15 minutes. Afterwards, I cleaned it with water and the results are amazing! As you can see, the picture after the cleaning looks a lot better than the picture before!

Recipe #2:

DIY Soft Scrub

This recipe is what I found online by myself from <https://cleanmyspace.com/castile-soap-is-awesome-for-cleaning/>

Use a cup of baking soda and a quarter cup of castile soap, and whip it together. This is a great cleaner for any greasy, grimy surface, so you can try it on your bathroom, kitchen sink or stove top!



I tried it on my bathroom and it worked really well. See pictures before and after!

More Recipes

I enjoyed seeing the results so much that I decided to do more research and see what else I can do with them. Online, I found so many ways to use them, and listed below are what I am interested in trying immediately:

In the Kitchen

- Baking soda can be used to clean pots and pans that have baked-on residue. To do that, sprinkle the surface generously with baking soda, then let it soak roughly 15 minutes in dish detergent and hot water.
- Clean and freshen the dishwasher or coffeepot by running a cycle using only baking soda. Running vinegar through both machines on a monthly basis is another way to keep them clean and free of residue.
- Combine vinegar and water in a spray bottle for use in the refrigerator. Vinegar is a green way to clean and deodorize surfaces.

In the Bathroom

- A half-cup of baking soda can be used for scrubbing toilets clean. Another option is to pour a cup of diluted white vinegar into the toilet, allow it to soak overnight, then scrub.
- Rub down sink fixtures with a paste made of vinegar and salt to remove lime buildup.

Pets

- Sprinkling baking soda around a pet's food bowl can help deter pests
- A layer of baking soda beneath cat litter can help reduce cat box odors.
- Spritzing dogs with white vinegar diluted with water can help repel fleas and add shine to their coats.

More Recipes (cont.)

Laundry

- Use a half-cup of baking soda along with liquid detergent at the beginning of the wash cycle for a brighter load of laundry.
- Sprinkle baking soda onto the bottom of clothes hampers to subdue stinky odors.
- Reduce static cling and prevent lint from sticking to clothing by adding a half-cup of white vinegar to the washing machine during the wash cycle.

Other Household Usage

- Keep carpets fresh-smelling by sprinkling baking soda over the surface. Vacuum after 15 minutes or longer.
- Pour baking soda down the drain and follow with vinegar. Cover and let sit for at least 30 minutes. Flush with boiling water to clean drain

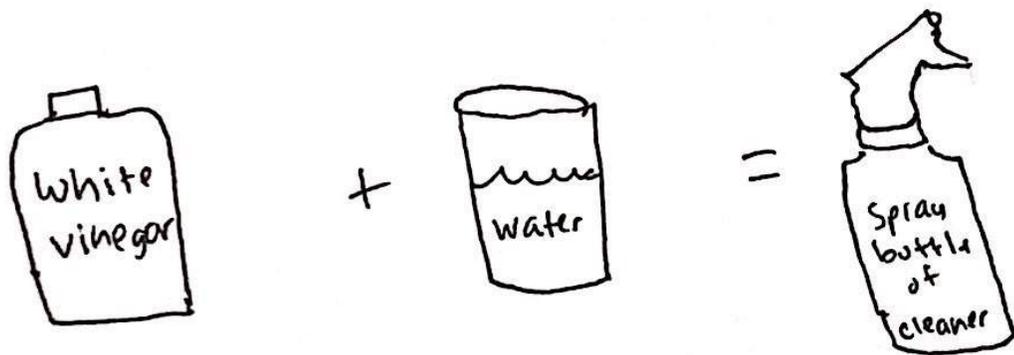
Personal Health

- A weekly rinse of one cup of apple cider vinegar is another effective method of controlling dandruff, and it also helps to remove buildup and add shine
- Clean hairbrushes and combs using one teaspoon of baking soda and a little warm water. Rinse thoroughly
- Soothe irritation from bug bites, including mosquito bites, poison ivy, and sunburn by applying a paste made of baking soda and water or by dabbing with a vinegar-soaked cotton ball.
- Clean toothbrushes by soaking them overnight in a combination of a quarter-cup of baking soda and a quarter-cup of water.

With all this information, I know what I'm excited to see what else I can make on my own within the next few days and weeks!

Image & Social Media

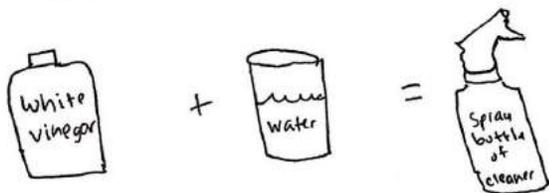
all purpose cleaner



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all purpose cleaner



the.nature.nerds Why is green cleaning important to your health? Sustaining a healthy economy also is critical to controlling pollution and maintaining a clean and healthy environment. If you care about your health, you should care about green cleaning. Here's an eco friendly solution to many of the toxic cleaners we see today! Just combine water and vinegar in a 1:1 ratio. Add essential oil or lemon for scent! @turninggreenorg @drbronner @women4earth @madesafehq #pgc2018 #greenclean

27 SECONDS AGO

