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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.

Initially, I checked all of our products and found they were all free of products on either of the lists because we buy from brands such as seventh generation, ecover, and norwex which as far as I can tell, from the box and google, are mostly free of harmful chemicals. I then read through the list of chemicals anyway and realized that our washcloths for cleaning dishes, surfaces, and pretty much everything contain silver nanoparticles. Nanoparticles often have vastly different properties than their non-nano counterparts, in part due to the difference in surface area to volume ratio. Silver nanoparticles kill bacteria and can reduce the odor that washclothes all too often acquire. Unfortunately, silver nanoparticles are toxic to human cells as well as most other animal, fungus, and bacteria cells. Silver nanoparticles negatively impact aquatic life and various aquatic ecosystems, so because of these reasons, it is best to avoid silver nanoparticles entirely.

Now, find a safer alternative for your product (check out [EWG's top product list](#) or another trusted company or database) and tell us what it is. Write why it might be a better pick.

Most washcloths do not have nanoparticles in them. Avoiding cloth products labeled as anti-microbial will generally keep your products safe from silver nanoparticles. One good alternative is LUCKISS bamboo cleaning cloths. They are biodegradable and bamboo is less energy intensive than cotton and does not pollute the environment like plastic microfiber cloths. There also are alternatives like organic cotton cloths.

What about using what you have at home to make a DIY cleaning product? Just like 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 good, if not *better* than what you currently use — without the risk of undisclosed toxins that are harmful to people and the planet. Time to roll up your

sleeves, make a simple cleaning product, and find out just how fun and easy green cleaning can be!

I made a powder scrub from Dr. Bronner's website. We often use a powder scrub to clean our stove. It does not contain any of the chemicals listed on either of the sites, but some cleaning items can have undisclosed chemicals or trace amounts of dangerous materials. I think Dr. Bronner's recipe will be better for our health, the environment, and cheaper.

Then test it out! How does it compare to products you have used in the past? It worked really well. I was surprised that such a common, simple, and safe chemical could be just as effective as a complicated formula, but it really did work well. It was the same or better than the scrubbing paste I normally use and I think it has more use cases because it would also work well to clean up any mess or dirty area.

CHEAP, TOXIN-FREE SCRUBBING POWDER

baking soda + any essential oil = drbronner

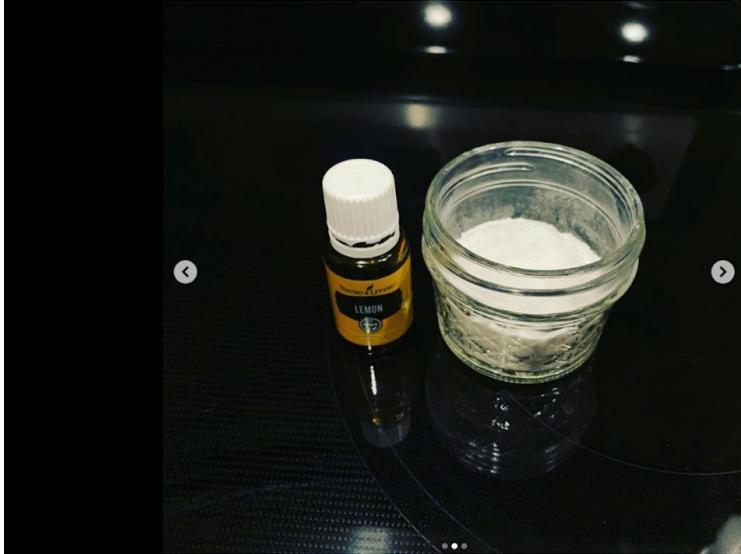
Perfect stove top cleaner or sink cleaner

sahs.pgc Cleaning supplies can be harmful to our health and the planet. I chose to make a fun lemon scented scrubbing powder because I often use a similar scrubbing powder to clean the stove. Amazingly, this DIY, or rather GIY 😊, worked just as well. Making your own cleaners is a great idea because regular ones can contain materials that are detrimental and have unknown effects and their production often results in pollution and toxins being released into the environment. I would highly recommend making the recipe for scrubbing powder I made. 🌿 #pgc2020

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Don't expose yourself to dangerous and unnecessary chemicals in cleaning products.

Instead

◀ Make your own cleaning products with every day ingredients. They are extremely effective and can kill germs and bacteria just like conventional cleaning supplies!!

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