

DAY 19: HOME

GREENEST



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MOST-USED CLEANING PRODUCT

Windex Advanced

Harmful ingredient:

Ammonium Hydroxide

According to the EWG, this ingredient is very toxic to aquatic life, can cause severe skin burns and eye damage, and may cause respiratory irritation and serious eye damage.



This was just one ingredient, and it happened to earn an F rating from the EWG. This makes me wonder if ingredients like these are hiding in other products I use. I wasn't surprised to see this because toxic chemicals and ingredients seem to be a trend in conventional products like this cleaning product.

Now that I've discovered how harmful just one of this product's ingredients is, I'll go ahead and look for a safer alternative!

SAFER ALTERNATIVE

Attitude Sensitive Skin Natural Window & Mirror Cleaner

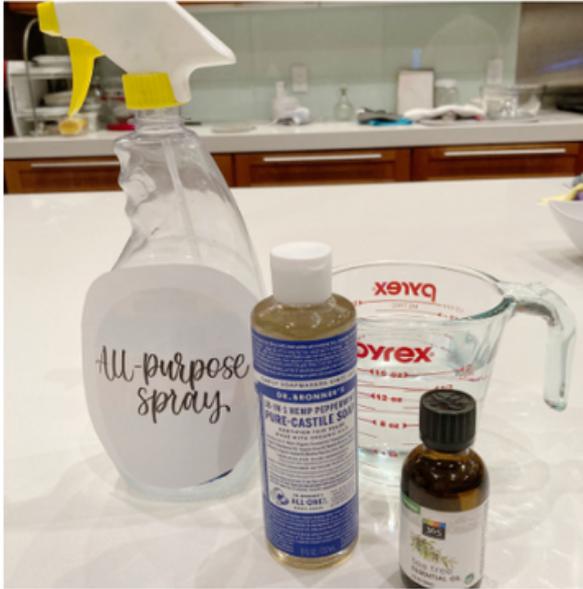
According to EWG's website, this window/mirror cleaner is the best option for an alternative to harmful window cleaners. Green Certified and good Ingredient Disclosure. Yay!



This alternative is definitely safer than the Windex because since it is a natural cleaner, no environmental concerns are listed by the ingredients and there are only low concerns for a few of the ingredients. I think it might be difficult to find the perfect sustainable or non-toxic window cleaner on the market, so the best option would be to make my own.

MY DIY ECO-FRIENDLY CLEANING PRODUCT

ALL-PURPOSE CLEANING SPRAY



SUPPLIES



SPRAY

SUPPLIES

1. Spray Bottle (heavy-duty, preferably upcycled!)
2. Water (about 6 cups)
3. Dr. Bronner's Pure-Castile Soap (1/4 cup)
4. Optional: Essential Oils (20 drops)

note: adjust recipe to any amount. I didn't fill the bottle all the way so I could try it first :)

This cleaning spray worked so much more effectively than I hoped! I loved the smell of the peppermint and tea tree oil combined, and it made my countertop nice and clean for once. I'm really happy with it because we actually don't use anything other than warm water to clean our countertop, which isn't exactly the best way to get rid of all the germs lying around.

SOURCES

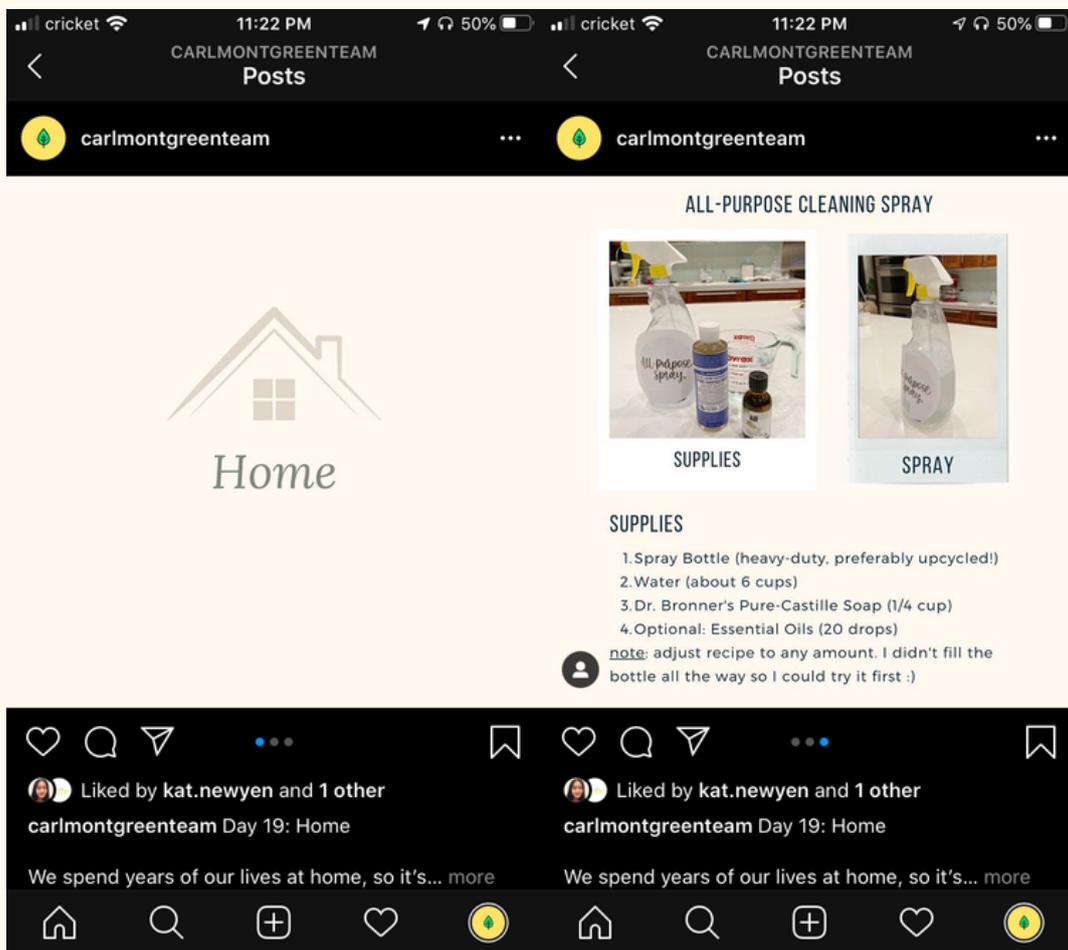
Windex

Attitude Sensitive Skin Natural Window and

Mirror Cleaner

Green Cleaning Starter Kit

SOCIAL MEDIA



Day 19: Home

We spend years of our lives at home, so it's important for us to think about what we put into it. Due to quarantine, we've all been at home more often, so making our living space sustainable and healthy is essential to our wellbeing and the planet's. The mattress you're sleeping on could be releasing toxic chemicals, your carpet could contain toxic flame retardants, and you could be using cleaning products that use dangerous chemicals, all of which may harm your health. Take small steps towards making your way toward a more sustainable home— can you pay a little extra for an organic cotton pillow? Buy a piece of furniture second-hand? Or make your own cleaning products?

Swipe to see a comparison between a conventional and sustainable pillow and a DIY (GIY - green it yourself) all-purpose cleaning spray I made. :)