

37 Simple Eco-Friendly Recipes for Everyday Cleaning: 100% Safe Ingredients

If you're like most people, you probably spend a lot of time cleaning your home. But did you know that many of the cleaning products you use are filled with harsh chemicals that can be harmful to both your health and the environment?



Natural Cleaning Solutions: 37+ Simple, Eco-Friendly Recipes For Everyday Cleaning (100% Safe Ingredients)

by Megan Chung

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That's why we've put together this collection of 37 simple eco-friendly recipes for everyday cleaning. These recipes use 100% safe ingredients that are gentle on your hands, your home, and the planet.

Benefits of Eco-Friendly Cleaning

There are many benefits to using eco-friendly cleaning products, including:

- **Improved indoor air quality:** Eco-friendly cleaning products don't release harmful chemicals into the air, which can improve your indoor air quality and reduce your risk of respiratory problems.
- **Reduced environmental impact:** Eco-friendly cleaning products are made with biodegradable ingredients that won't harm the environment.
- **Safer for your family and pets:** Eco-friendly cleaning products are made with non-toxic ingredients that are safe for your family and pets.
- **More economical:** Eco-friendly cleaning products are often less expensive than traditional cleaning products.

Getting Started with Eco-Friendly Cleaning

Getting started with eco-friendly cleaning is easy. Here are a few tips:

- **Choose natural ingredients:** When choosing eco-friendly cleaning products, look for products made with natural ingredients like vinegar, baking soda, and lemon juice.
- **Make your own cleaning products:** You can easily make your own eco-friendly cleaning products using simple recipes like the ones in this book.
- **Use reusable cloths and sponges:** Instead of using disposable cloths and sponges, opt for reusable ones that can be washed and reused.
- **Ventilate your home:** When using eco-friendly cleaning products, be sure to ventilate your home to allow the fumes to escape.

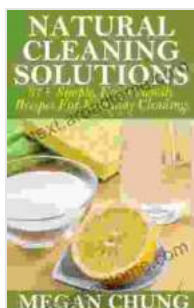
37 Simple Eco-Friendly Cleaning Recipes

Now that you know the benefits of eco-friendly cleaning and how to get started, here are 37 simple eco-friendly recipes for everyday cleaning:

- **All-purpose cleaner:** In a spray bottle, combine 1 cup of white vinegar with 1 cup of water. Add 10 drops of your favorite essential oil, such as lemon or lavender.
- **Bathroom cleaner:** In a spray bottle, combine 1 cup of white vinegar with 1 cup of water. Add 10 drops of tea tree oil.
- **Kitchen cleaner:** In a spray bottle, combine 1 cup of white vinegar with 1 cup of water. Add 10 drops of orange oil.
- **Window cleaner:** In a spray bottle, combine 1 cup of white vinegar with 1 cup of water. Add 10 drops of lemon essential oil.
- **Floor cleaner:** In a bucket, combine 1 cup of white vinegar with 1 gallon of warm water.
- **Furniture polish:** In a small bowl, combine 1 cup of olive oil with 1/2 cup of lemon juice.
- **Carpet cleaner:** In a spray bottle, combine 1 cup of white vinegar with 1 cup of water. Add 10 drops of lavender essential oil.
- **Toilet bowl cleaner:** Pour 1 cup of baking soda into the toilet bowl. Let sit for 30 minutes, then scrub with a toilet brush.
- **Drain cleaner:** Pour 1 cup of baking soda down the drain. Follow with 1 cup of white vinegar. Let sit for 30 minutes, then flush with hot water.
- **Oven cleaner:** Make a paste of baking soda and water. Apply the paste to the oven and let sit overnight. In the morning, wipe away the paste with a damp cloth.

- **Microwave cleaner:** Fill a microwave-safe bowl with 1 cup of water. Add 1 tablespoon of white vinegar. Microwave on high for 5 minutes. Let sit for 5 minutes, then wipe away the steam with a damp cloth.
- **Refrigerator cleaner:** In a spray bottle, combine 1 cup of white vinegar with 1 cup of water. Add 10 drops of lemon essential oil. Spray the inside of the refrigerator and wipe away with a damp cloth.
- **Washing machine cleaner:** Pour 1 cup of white vinegar into the washing machine. Run a hot water cycle.
- **Dishwasher cleaner:** Fill the dishwasher with hot water. Add 1 cup of white vinegar to the bottom of the dishwasher. Run a hot water cycle.
- **Air freshener:** In a diffuser, add 10 drops of your favorite essential oil to 1 cup of water.
- **Laundry detergent:** In a large bowl, combine 1 cup of grated castile soap, 1 cup of baking soda, and 1/2 cup of borax. Store in an airtight container.
- **Fabric softener:** Add 1/2 cup of white vinegar to the fabric softener dispenser in your washing machine.
- **Dryer sheets:** Cut old t-shirts or towels into squares. Soak the squares in a mixture of 1 cup of white vinegar and 1 cup of water. Wring out the excess liquid and add the squares to the dryer with your clothes.
- **Pet stain remover:** Blot up as much of the stain as possible with a clean cloth. Pour a mixture of 1 cup of white vinegar and 1 cup of water over the stain. Let sit for 15 minutes, then blot up the stain with a clean cloth.

- **Car wash:** In a bucket, combine 1 cup of castile soap with 1 gallon of water. Wash your car as usual.
- **Glass cleaner:** In a spray bottle, combine 1 cup of white vinegar with 1 cup of water. Add 10 drops of lemon essential oil.
- **Metal cleaner:** In a bowl, combine 1 cup of white vinegar with 1 cup of water. Add 1 tablespoon of salt. Dip a cloth into the solution and



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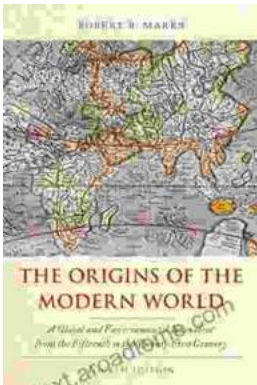
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