

your recipes 'They're safe, smell good and really work.'

All-purpose cleaner

Warm water mixed with pure soap or white vinegar is a cheap and easy general cleaner for throughout the home.

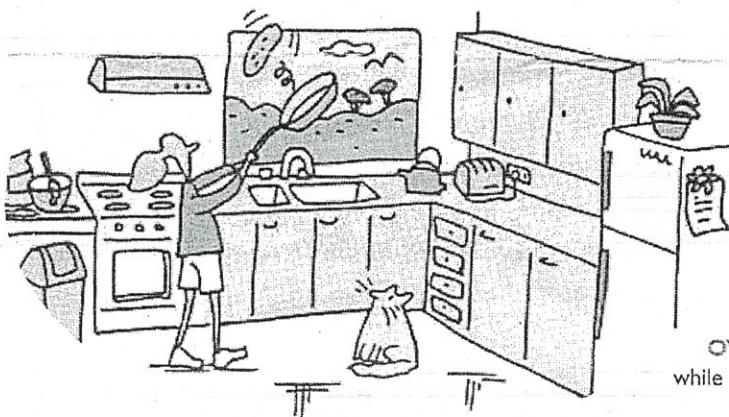


In the bathroom

TOILET CLEANER Make a paste from borax and lemon juice for cleaning non-septic toilet bowls.

CERAMIC CLEANER Clean tiles, sinks, toilets and baths with bicarbonate of soda using a damp cloth.

MIRROR CLEANER Apply eucalyptus oil with a wad of newspaper to prevent mirrors fogging.



In the kitchen

SURFACE CLEANER Use bicarbonate of soda on a damp cloth to clean benchtops, sinks, windows and your refrigerator or freezer surfaces.

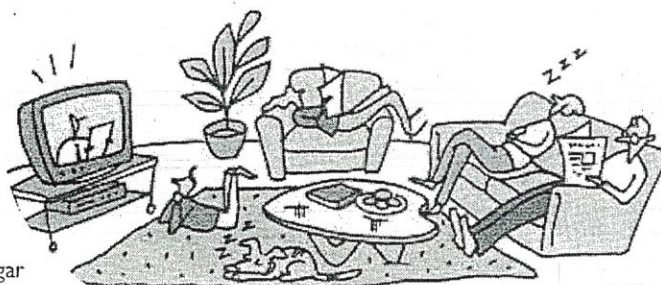
DISHWASHING DETERGENT Use pure soap to wash dishes and add white vinegar to the rinse water to give glasses an extra shine.

OVEN CLEANER Avoid caustic oven cleaners. Wipe the oven down while still warm with a soapy cloth.

In the living room

CARPET CLEANER Sprinkle bicarbonate of soda on carpet before vacuuming to deodorise. It's also a great stain remover. Just vacuum or brush up when dry.

WINDOW CLEANER Add half a cup of vinegar to a litre of warm water for an effective window cleaner. Wash the window first with warm soapy water if especially dirty. Use crumpled newspaper moistened with vinegar to get a beautiful sheen.



In the laundry

BLEACH Use one cup of lemon juice in a half bucket of water and soak overnight, or substitute half a cup of borax per washload to whiten whites and brighten colours.

STAIN REMOVER Use eucalyptus oil to remove stains before washing. Simply apply a few drops and let it evaporate.

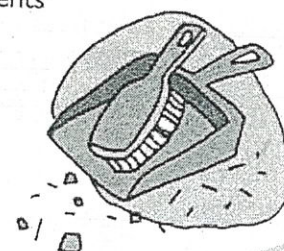
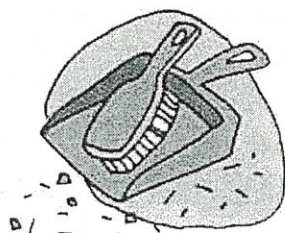
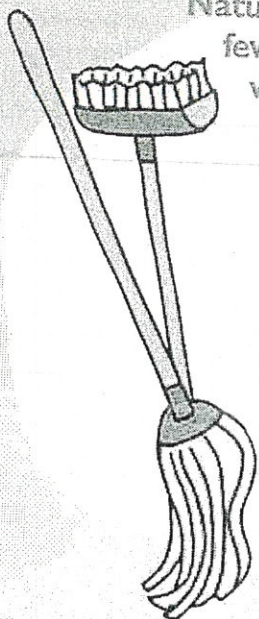
LAUNDRY DETERGENT To make a cheap, environmentally friendly and safe laundry detergent, mix one third of a cake of pure soap (grated) with one third of a cup washing soda. Dissolve in hot water in a bucket and top up with water. The mixture will set to a soft gel. Use 2-3 cups per wash.



Natural cleaning or 'green cleaning' is a way to clean your home with fewer cleaning products and safer alternatives – producing less waste and reducing the need for harmful chemicals.

Most homes contain many more household cleaners than we really need. These cleaners create packaging waste that is deposited in landfill and the chemicals in the cleaning products may be harmful to human health and the environment.

We don't need to use all these cleaning products to have a clean house. To clean well, cheaply and safely throughout the home, all you need are the following basic ingredients (plus a little elbow grease).



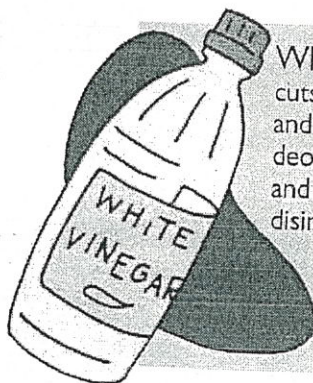
your natural cleaning kit

All these ingredients can be bought inexpensively from your local supermarket.

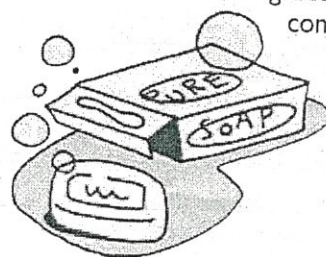
Bicarbonate of Soda (Baking Soda) cleans, deodorises, softens water and is a good scouring powder.



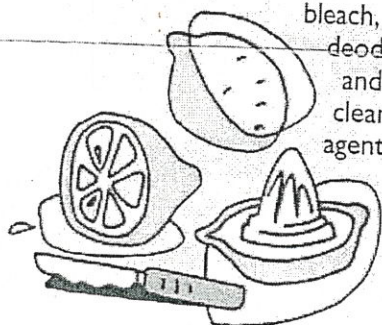
White vinegar cuts grease and is a deodoriser and mild disinfectant.



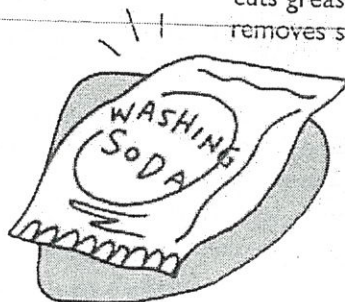
Pure Soap is a general purpose cleaner that biodegrades completely.



Lemon juice is a mild bleach, a deodorant and a cleaning agent.



Washing Soda cuts grease and removes stains.



Borax is a naturally occurring mineral salt. It cleans, deodorises, bleaches and disinfects. Borax is also used to control pests such as ants and cockroaches.

