

World Wildlife Fund www.wwf.org. has created a list of actions you and your family can take to reduce your consumption and use of toxic chemicals at home and in your community:

1. Buy organic cotton clothing, fruits and vegetables, and other goods.
2. Wash and peel fruits and vegetables whenever possible.
3. Stop using pesticides. Green up your yard using natural methods:
 - Use traps and biological controls such as parasites and natural predators.
 - Use disease and pest-resistant plants. Include in your garden plants that repel insects such as basil, chives, mint, marigolds, and chrysanthemums.
 - Use compost and mulch to improve soil health and reduce the need for pesticides and fertilizers.

Use environmentally friendly cleaning products in your home:

- Don't buy or use chlorine bleach.
- Use simple and inexpensive cleansers such as soap, vinegar, lemon juice, and borax (see WWF's Household Recipes below).
- Avoid air fresheners and other perfumed products: Freshen your air by opening windows or using baking soda, cedar blocks, or dried flowers.

Use these easy household recipes to help make your home toxic-free:

<p>All purpose cleaner 3 tsp. liquid soap, or ¼ cup vinegar, or ¼ cup lemon juice, or ¼ cup Borax (per gallon of water)</p> <p>Stain Remover Soak fabrics in water mixed with borax, lemon juice, hydrogen peroxide, or white vinegar</p>	<p>Oven Cleaner Sprinkle salt on spills immediately Baking soda Vinegar Salt #000 steel wool Clean grease with rag and vinegar. Sprinkle salt on spills. Let it sit for a few minutes, then scrape the spill and wash the area clean. For stubborn spots, use baking soda and steel wool.</p>
<p>Window Cleaner ½ cup vinegar 1 gallon warm water Fill your own spray bottle.</p>	<p>Controlling Cockroaches and Ants Powdered Sugar Borax Combine in equal parts and sprinkle where they crawl.</p>

CLEANING PRODUCTS.

Most of our cleaners are shipped in from Eastern Canada, thus the transportation is pumping more CO₂ into the atmosphere.

<p><u>All Purpose Spray Cleaner.</u> ½ tsp. Vegetable oil based soap (Murphys oil soap 2 ml ½ tsp. Washing soda. 2 ml 1 tsp. Borax. 5 ml 2 tbsp white vinegar. 25 ml 2 cups hot water. 500 ml Combine ingredients in a spray bottle and shake until well mixed. Spray, wipe clean and rinse as you would with any spray cleaner.</p> <p><u>Keep your drains clean.</u> One or twice a month, pour one cup each of baking soda, salt and vinegar down your drain Let the combination sit for 20 minutes, then follow with two to three cups of boiling water.</p> <p><u>Pure Soap</u> Cleans everything from dishes to cars.</p> <p><u>Baking Soda</u> The all-round champion. Baking soda cleans, deodorizes, scours, polishes, removes stains, and softens fabrics. Use it on plastic, vinyl, carpeting, and upholstery; on silver and stainless steel: inside refrigerators; down drains.....</p> <p><u>Laundry Powder</u> 250 ml pure soap flakes or powder 25 to 50 ml washing soda.</p>	<p><u>No rinse All-purpose cleaner.</u> Mix one part water to one part vinegar. This solution contains no soap or poisonous ingredients so there is no residue and no reason to rinse it off.</p> <p><u>A simple all-purpose cleaner</u> Pour 50 ml vinegar and 125 ml baking soda into 4 L water. A Mild disinfectant cleaner. Mix half a cup of borax with 4 cups of hot water.</p> <p><u>A Glass Cleaner</u> Wet newspaper, or white vinegar</p> <p><u>Vinegar</u> Removes mildew, stains, and wax buildup. Use it to clean coffeepots, glass, paintbrushes, grout, windows and fireplaces.</p> <p><u>Borax</u> Cleans wallpaper, painted walls, and floors. It deodorizes, removes stains, and boosts the cleaning power of your detergents.</p> <p><u>Washing Soda.</u> Cleans clothing and softens water. But it is moderately toxic. Wear gloves and use it in well-ventilated areas to avoid irritation of mucous membranes.</p> <p><u>Bleach.</u> Use this alternative: Mix 1 part hydrogen peroxide to 8 parts water. Soak garments in this solution then rinse.</p>
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From The David Suzuki Foundation. www.davidsuzuki.org

Furniture Polish:

Recipe 1

1 cup olive oil
½ cup lemon juice
Put in squirt bottle and use cloth to polish.

Recipe 2

2 T olive oil
1 T white vinegar
4 cups warm water
Mix and store in spray bottle.
Rub on with cloth when dusting.

Fabric Softener: **1 cup vinegar** Add to rinse cycle.