



Center's Tip of the Month: Green Cleaning

-- Tips for toxic-free cleaning --



The end of winter signals the approach of spring cleaning season. Keeping our homes clean and tidy is important for limiting allergens resulting from cats, dogs, cockroaches and mice. However, many cleaning products contain chemicals that can be harmful to our health. So keep these simple tips in mind to have the freshest start to spring!

Tips & Resources

What can you do? Make your own!

- ◆ A safer option to buying cleaners with lots of chemicals is to make your own products. Many products can be made from common ingredients such as baking soda, white vinegar, water and lemons.
- ◆ Some great resources for recipes include:
 - ◇ The Daily Green's "[The Easiest Green Cleaning Recipes You Can Make At Home](#)"
 - ◇ Women's Voices for the Earth "[Green Cleaning Recipes](#)"
 - ◇ Apartment Therapy "[25 DIY Green Cleaning Recipes](#)"
- ◆ Try a non-toxic alternative to air fresheners. Boil lemons or cinnamon sticks to create a great scent without the chemicals.

What can you do? Choose safer options

- ◆ Pick chlorine-free cleaners — they contain oxygen bleach which is less harmful than chlorine bleach. However, it can still be an irritant so be sure to open windows and use gloves.
- ◆ Decrease phthalates and other chemicals by choosing products that are labeled "Free & Clear", which indicates they contain no artificial fragrances or dyes.
- ◆ Check the safety of your cleaning products at the EWG's [Guide to Healthy Cleaning](#).

What can you do? Try Integrated Pest Management

- ◆ Don't spray pesticides! Use gel or bait traps for a safer alternative.
- ◆ Seal holes and fix leaks to keep pests away.
- ◆ Take out the trash and clear the sink of dirty dishes every night.
- ◆ Keep food in sealed containers.
- ◆ Learn more about IPM [here!](#)



Have questions? Want to learn more? Please email us at cccehcolumbia@gmail.com!



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