

TIPS

- Washing Soda and Borax can normally be found in the laundry and cleaning aisles of stores.
- Washing Soda also goes by the names: Soda Ash, Soda Crystals and Sal Soda. If you cannot find Washing Soda at your local store request the store order Washing Soda.
- Castile Soap is a mild, hard soap made from fats and oils, often olive oil
- Always test delicate fabrics for colorfastness.
- Always test surfaces in an inconspicuous area to see how the cleaning product will react.
- Remember, these cleaning products are chemicals.

Always Clearly Label Your Cleaning Product Containers!

The Umpqua SWCD assumes no responsibility for personal or property damage resulting from the use of the recipes in this publication. Human sensitivity and different surfaces vary widely and may react with recipe components in unexpected ways. Before you use any recipe in this brochure, be sure to read the directions and follow them carefully. Test small quantities of a recipe first to assure safety. For questions or concerns about health effects or safety of any recipe, consult with a physician or other appropriate professional.

Cleaning Recipe Sources:

- The Oregon Plan for Salmon & Watersheds
- www.tipnut.com



Soil & Water Conservation District

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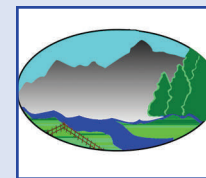
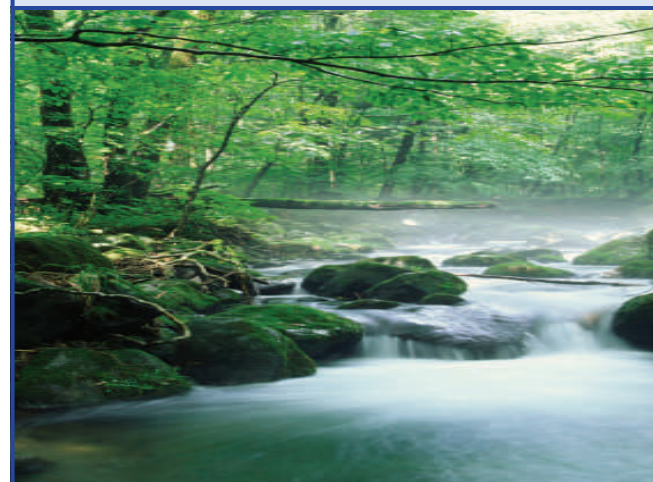
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FRIENDLIER CLEANING SOLUTIONS

In every glass of water we drink, some of the water has already passed through fishes, trees, bacteria, worms in the soil, and many other organisms, including people... Living systems cleanse water and make it fit, among other things, for human consumption.
—Elliot A. Norse



Umpqua
Soil and Water

Conservation District

FRIENDLIER CLEANING SOLUTIONS

Why Use Fish Friendly Cleaning Solutions?

We all have an important role in keeping our families healthy, our pets & livestock healthy and in keeping our watersheds healthy. Choosing fish friendly cleaning solutions over toxic household cleaning products helps the fish and the watershed, but it also helps us.

By choosing a fish friendly cleaning solution you help reduce the amount of toxic cleaning products that are rinsed or flushed into sewer or storm drains which are hazardous to all aquatic life and you are playing an important role in restoring watershed health by improving water quality and helping fish populations to thrive.

Another good reason for choosing fish friendly cleaning solutions is according to The American Association Poison Control Center household cleaners are the number one source for accidental human exposures to toxic substances.

All Purpose Cleaner

- 1/4 cup white distilled vinegar
- 1/2 teaspoon liquid vegetable oil based soap
- 3/4 cup warm water

Place all three ingredients in a labeled spray bottle and shake to blend. Spray the problem area and wipe with a clean cloth or sponge.

Toilet Bowl Cleaners

- Combine 1/4 cup white distilled vinegar & 2 cups of water in a labeled spray bottle. Spray along the inside rim of the toilet. Leave on for 15 minutes before scrubbing with toilet brush.
- Put 1/2 cup borax into toilet, swirl & scrub then close the lid and let sit overnight. Swirl with toilet brush in the morning and flush..

Kitchen & Bathroom Disinfectant

For kitchen cutting boards and bathroom fixtures, use a white distilled vinegar spray followed by a 3% peroxide spray, then wipe clean.

Window Cleaner

- 1/4 cup white distilled vinegar
- 1/2 teaspoon vegetable oil based soap
- 2 cups warm water

Place all three ingredients in a labeled spray bottle and shake to blend. Spray on windows and wipe clean using a cotton diaper.

Note: The first time you use it you may need to add a little soap to help remove the waxy residue left on your windows from commercial window cleaning solutions.

Vinyl Floor Cleaner

Damp mop using 1 cup of vinegar in 2 gallons of warm water.

Powdered Laundry Detergent

Small Recipe:

- 1/2 cup baking soda
- 1/2 cup powdered castile soap
- 1/4 cup washing soda
- 1/4 cup borax

Mix all ingredients well. Use 1/2 cup per load. Use hot or warm water to initially dissolve the detergent in your machine.

Large Recipe:

- 12 cups borax
 - 8 cups baking soda
 - 8 cups washing soda
 - 8 cups grated bar soap (Ivory/Castile)
- Mix all ingredients well and store in a sealed tub. Use 1/8 cup of powder per full load.

Bleach Alternatives

- 1/2 cup 3% hydrogen peroxide in the rinse cycle, or
- 1/2 cup lemon juice in the rinse cycle.

Furniture Polish

Mix 1/4 cup white distilled vinegar with a few drops food grade linseed oil, jojoba, or olive oil. Test on a concealed area first, then polish wood with a soft cloth.