

Helpful Hints

Green Cleaning Chart (Quick Reference) - The Self-Sufficiency Shoppe

Item	Cleaning Method
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Kitchen:

Oven Cleaner	Scrub with bicarb soda & water OR vinegar paste
Dish Detergent	Soap jelly* (1/4 cup) OR grated soap (2 tablespoons)
Surface Cleaner	Vinegar (in spray bottle) OR All Purpose Spray*
Floor Cleaner	Boiling Water with vinegar & bicarb soda OR soap jelly* (1/2 cup)
Abrasive Cleaner	Bicarb soda OR salt
Drain Cleaner	1/4 cup bicarb soda with 1/2 cup vinegar - followed by boiling water. Plunge if necessary. OR combination salt & vinegar
Drain Deodoriser	5-6 drops eucalyptus oil OR 1/2 cup vinegar or 1/4 cup bicarb soda

Laundry/Bathroom

Laundry detergent	1 cup soap jelly* OR 1/2 cup grated soap (dissolved in hot water)
Stain Removal	Lemon juice or Stain Remover*
Water Softener	Washing Soda OR Bicarb soda (1/4 cup per full washing tub)
Fabric Whitener	Lemon juice OR vinegar
Disinfectant	Vinegar or mixture of half vinegar/water and few drops eucalyptus oil
Bath/Tiles	Bicarb soda and wet sponge OR vinegar OR Surface Spray*
Mildew/Mould	Vinegar OR Surface Spray* OR 1/2 lemon dipped in bicarb soda
Toilet Cleaner	Basin: Vinegar & bicarb soda Lid: Vinegar OR Surface Spray*
Toilet Deodoriser	Pour in: Vinegar (1/2 cup) OR 6 drops Eucalyptus oil (into basin)

Other:

Carpet Deodorant	Bicarb soda (plain or add few drops lavender or eucalyptus oil)
Carpet Cleaner	Soapy water OR Bicarb soda
Wooden Furniture	Wipe with lemon juice & olive oil (half/half) OR use Surface spray*
Window Cleaner	Spray: half vinegar/water OR crumpled newspaper
Labels (jars)	Eucalyptus oil
Chewing gum	Eucalyptus oil
Walls	Bicarb soda & water OR (for difficult stains) Surface Spray*
Air-freshener	Spray room with: half vinegar/water with added scent (i.e. lavender or eucalyptus oil) OR simmer fresh flowers on stove
Plastics	Bicarb soda paste OR vinegar

Recipes:

***Soap Jelly:** Grate one bar of soap. Put one half in one 10 litre bucket. Put the other half of grated soap in another 10 litre of water. Add $\frac{1}{2}$ cup washing soda and 2 litres of boiling water to each bucket. Stir both buckets until mixture has dissolved. Top each bucket up to full with water. (From Booklet No. 50 - Recycling Soap).

***Surface Spray (All-purpose Spray/Stain Remover):** Mix together 1/3 cup each of water, cloudy ammonia and liquid soap-jelly (see above recipe) OR bio-degradable dishwashing detergent. Mix and store in recycled spray container. (More information: Booklet No. 50 - Recycling Soap)

MORE INFORMATION in the following booklets: Green Cleaning (No. 23): Back-to-Basics Cleaning (No. 24), Amazing Bicarb - (No. 9), Versatile Vinegar (No.33), The Humble Lemon (No. 10), Uses for Eucalyptus Oil (No. 51), Recycling Soap (No. 50), Homemade Polishers & Cleaners (No. 5:)