

# green cleaning demo

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## All-Purpose Cleaner (Great for Glass)

- 1 cups white distilled vinegar
- 1 cups water
- 4 drops essential oil (optional)
- 2 drops liquid dish detergent

## Soft Scrub

- 1 cup baking soda
- 1/4 cup liquid castile soap\*
- 2 tsp vegetable glycerin (acts as a preservative)
- 2-4 drops antibacterial essential oil such as lavender, tea tree, rosemary or other (optional)

Mix together and store in a sealed glass jar, shelf life of 2 years.

## Natural Disinfectant Spray

- 1 cups distilled water
- 1/2 cups white - grain vinegar
- 4 drops lavender oil
- 4 drops tea tree oil

## Relevant Websites

More Recipes  
[www.womenandenvironment.org](http://www.womenandenvironment.org) & [www.alaw.org/pdfs/green\\_cleaning\\_resource\\_list\\_brochure.pdf](http://www.alaw.org/pdfs/green_cleaning_resource_list_brochure.pdf)

Cleaners Test Results (source: Environmental Working Group)  
[www.ewg.org/schoolcleaningsupplies/cleaningsuppliesoverview](http://www.ewg.org/schoolcleaningsupplies/cleaningsuppliesoverview)

Household Cleaning Products & Effects on Human Health (source: Women's Voices for the Earth)  
[www.womenandenvironment.org/campaignsandprograms/SafeCleaning/safecleaninghealth](http://www.womenandenvironment.org/campaignsandprograms/SafeCleaning/safecleaninghealth)

Household Products Database - Searchable (source: US Dept of Health & Human Services)  
[householdproducts.nlm.nih.gov](http://householdproducts.nlm.nih.gov)

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