

Cleaning with less-toxic cleaners is a great way to both clean your home and help manage your asthma by decreasing common household asthma triggers. These recipes are easy, inexpensive, and non-polluting.

Mold & Mildew Cleaner



Baking soda, borax, or white vinegar - Any of these can be used to scrub areas with mold growth. Dry areas when finished.

Lemon juice and salt or white vinegar and salt - Mix a paste of lemon juice and salt or white vinegar and salt to scrub mold infected areas. Dry areas when finished.

Tips:

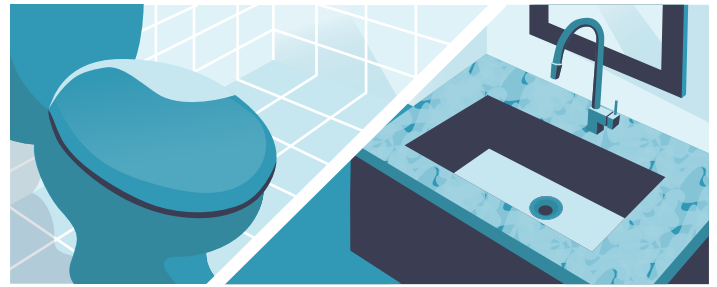
- Turn on the bathroom fan and allow it to run. If the bathroom does not have a fan, open a window for 15 minutes or longer.
- Buy low toxic curtains, made from cotton, hemp or polyester.
- Fix all plumbing leaks, no matter how small.

Mold & Mildew Cleaner



Vinegar, water & liquid laundry detergent - Pour ¼ cup vinegar into a 16-ounce spray bottle and fill to the top with water. To prevent streaking, add 3 to 4 drops of fragrance-free detergent into the spray bottle. Mix well, spray on the surface, and scrub with a soft cloth, or lint-free rag.

Tub, Toilet & Sink Cleaner



Baking soda & liquid castile soap - sprinkle baking soda onto porcelain surfaces. Squeeze a couple of drops of soap onto the surfaces. Scrub the porcelain surfaces with a damp rag. Rinse well to avoid leaving a hazy film.

Drain Cleaner

Baking soda, vinegar & boiling water - Pour ½ cup of baking soda down the drain first, followed by ½ cup of vinegar. Let the drain bubble for 3 to 5 minutes. Finally, pour about a quart of boiling water down the drain.

Repeat the process if the drain is still clogged. A drain snake or a plunger can be used as a non-chemical method to unclog a drain.

Fresh Air

Tips:

- Throw out harsh chemical cleaners and scented household cleaners.
- Use mild, less-toxic and non-fragranced laundry products.
- Stop using air fresheners and deodorizers.
- Do not smoke or vape in or near your home.

Oven Cleaner



Baking soda, water & scouring pad - Mix 1 cup of baking soda with enough water to make a paste. Apply to interior oven surfaces and let stand for at least 30-45 minutes. Use a scouring pad to scrub soiled areas of the oven and use a harder object, such as a bread knife, for larger food deposits. Do not use this cleaner on self-cleaning ovens.

Stain Remover

Borax & water - Mix ¼ cup of borax with 2 cups of water. Use a sponge or cloth to dab the solution on the stain. Let it dry. Use another clean cloth moistened with water to scrub the stained area.

Dusting & Polishing

Olive oil or almond oil - Use a soft fabric with a few drops of oil for polishing surfaces.

Tips:

- Organize clothes and toys in clear plastic trash bags or bins.
- Wash stuffed animals in hot water and dry them on a high heat setting. Sealing toys in a plastic bag and placing them in the freezer overnight or for at least 5 hour also kills dust mites.
- Wash all bedding in hot water and dry it on a high setting every few weeks.
- Vacuum and dust with a damp cloth at least once a week, preferably with a HEPA vacuum.
- Take off shoes before entering the house to cut down on contaminants that can be spread through the house.

Pest Control



1 quart water
1 crushed garlic clove
1 minced onion
1 tablespoon ground cayenne pepper
1 tablespoon liquid laundry detergent

Mix the water and food ingredients. Let stand for 1 hour, strain, and add the liquid soap. Pour mixture into spray bottle and spray it around the house for pest control.

Tips:

- Avoid saving boxes, paper bags, or newspapers in piles.
 - Do not leave open food or dirty dishes lying around the house.
 - Keep counters free of crumbs and spills.
 - Keep garbage containers closed.
 - Rinse recyclables before putting them in a bin.
 - Avoid spraying chemical pesticides.
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Stain Remover

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