

SAFER ALTERNATIVES LIST: The Healthier Way to Go!

 Instead Of Using...	 Why Not Try...
<p>Bleach</p> 	<p>Oxi Clean *</p> 
<p>Toilet Cleaners (Scrubbing Bubbles, Comet, Lysol, etc...)</p> 	<p>Bon Ami (Powder Cleanser)</p>  <p><i>*Baking soda is the best alternative</i></p>
<p>Dishwashing Soap (Ajax, Dawn, Palmolive, Joy, etc...)</p> 	<p>Pure Castile-Soap (Dr. Bronner's)</p>  <p><i>Contains no fragrances, phthalates, & dyes</i></p>

Air Fresheners & Plug-Ins (Febreze, Air Wick, Glade, etc...)



Natural Homemade Air Fresheners



Examples: Lemon, lime, orange, cinnamon, peppermint, flowers, etc...

**Baking soda by itself could help deodorize your home*

Dusting (Feather Dusters, Swiffer Dusters)



Dust Sprays (Pledge, Swiffer Dust, etc...)



Damp Microfiber Cloth/Rag



That's all you really need

**Vacuuming first is recommended – damp dusting afterwards will collect more dust and dirt that've been agitated into the air*

Hardwood Floor Cleaners (Pledge)



Murphy Oil Soap (Original Formula)



**Damp mopping instead is recommended*

Other General Cleaners:

All Purpose Cleaners (Lysol, 409, Simple Green, etc...)



Mirror & Window Cleaners (Windex)



Oven Cleaners (Easy-Off)



Natural Ingredients:

Baking Soda



- Clean & deodorize
- Acts like a scouring agent
- Polisher
- Stain remover
- Fabric softener
- Absorbs odors

Use to clean:

Carpet, vinyl, plastic, silver, stainless steel, drains, etc...

AND

Vinegar



- Stain remover
- Remove wax build up & mildew
- May damage acid sensitive surfaces

Use to clean:

Fireplaces, windows, glass, grout, paintbrushes & coffee pots, etc...

The combination of baking soda + vinegar creates a mild abrasive

- Can be used to clean almost ANYTHING
- Can be used to remove mold from surfaces

Very Dangerous Cleaners:

Drain Cleaners (Drano)



**If a maintenance worker were to open your drain pipe, the chemical may get in their eyes & on their skin if some residue was left over*

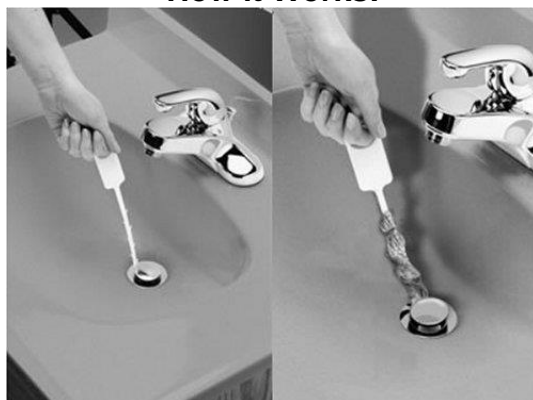
Unclog Slow Drains:

Mechanical Method

Zip-It:



How it Works:



Other Ingredients:

Borax *

(could be used with baking soda + vinegar)



- Clean & deodorize
- Disinfectant

Use to clean:

Wallpaper, painted walls & floors, etc...

Use with detergents to remove stains & boost cleaning power

** Contains sodium borate, anhydrous – could cause developmental, endocrine, reproductive effects*

Don't know how much baking soda & vinegar to combine?

Refer to our [Green Cleaning Recipes](#) brochure on how to combine these ingredients to make a healthier alternative



Other Ingredients (continue):

Hydrogen Peroxide (could be mixed with water)



- Disinfectant
- Anti-bacterial

Use to clean:
*Laundry, walls,
windows, cutting
boards, countertops,
etc...*

* Note:

*Any product with an asterisk next to its name does not mean it's the **BEST** alternative – It's a **BETTER** alternative.*

Ultimately, just warm soap and water or even baking soda and vinegar is the safest way to go.

Why You Don't Want to Use Them

Many household cleaning products in your home contain either bleach, ammonia, phosphate or other dangerous chemicals that are proven toxic to our health. A large number of those products have fragrance in them which is also something you might want to consider avoiding.

Most fragrances are made up of **petrochemicals** which are known to be a **cancer causing agent**. What are the companies *really* putting in these products that *make* it smell like lemons? We know it's not *actual* lemons that are pictured on the label there.

*Here are 4 basic ingredients in **air fresheners**: formaldehyde, petroleum distillates, p-dichlorobenzene, and aerosol propellant (EPA, 2014). Yikes!*

Exposing yourself to these chemicals could affect your skin, lungs, nervous system and other parts of your body. Did you know that our lungs are the only organs that are exposed to the environment? Protect them!



Did You Know?

Anything that says “disinfects” or “kills” is considered as an **EPA (Environmental Protection Agency) Registered Pesticide** because it must comply with EPA regulatory standards.

Disinfectants and sanitizers are considered **pesticides** because they destroy bacteria, viruses, fungi and other microorganisms that are found in the environment (not including those on or in humans and animals).



If you look on the back of most disinfectants and sanitizers, you will see an **EPA Registered Number** which indicates that it is a pesticide as shown in the back of this Lysol disinfectant pictured on the left.

Although we recommend using just warm soap and water for removing some germs from surfaces, they cannot kill those germs. Using disinfectants can claim to kill a wide spectrum of harmful bacteria and viruses – *IF used properly*. **Follow directions carefully.**

In reality, we do not really need to use disinfectants; maybe in a child daycare or in a hospital but we should build up our immune system against some of these germs. Using disinfectants improperly will **not** do anyone or the environment any good. Yes, you’re killing microorganisms but using them improperly will only kill the weaker ones and make the stronger ones **grow stronger**. Grab one of your disinfectant cleaners and read the directions in the back – Have YOU been using them properly?

Other Resources

Don’t know if what you’re using is a “safer alternative”?

Visit <http://www.EWG.org> for more information about your product

Don’t know where to throw unwanted products?

Contact King County Household Hazardous Waste Line at **(206) 296-4692**

Or visit <http://www.hazwastehelp.org/> for more information on hazardous waste