Green Home Cleaning

BY ALYSSA RUEDA

Many of the products we use on a daily basis actually pose risks to our health and the environment. I’ve researched common household toxins and suggest do-it-yourself alternatives (listed on the right) that help minimize harm.

Bleach is commonly used for disinfection and whitening, but it can be dangerous. A 2010 study revealed that bleach in spray bottles caused the most injuries among household cleaners for almost 270,000 children under five.

Pesticides are a significant concern as spring turns into summer. Surprisingly, the EPA reports that 80% of pesticide exposure occurs indoors. With the increase in insects and intrusions during this season, consider creating natural pest deterrents if you are concerned about insects.

Room sprays and air fresheners can irritate and introduce chemicals into our homes. Switching to safer alternatives can be easy and inexpensive.

Reducing toxic exposure is a personal achievement that can be easily accomplished. Join us in making our homes safer and healthier. Together, we can create a toxic free environment for ourselves and future generations!

Cleaning

Boost your laundry detergent and brighten clothes by adding ½ cup of baking soda to the washer drum.

For surfaces, use hydrogen peroxide directly from the bottle. Or, create a personalized spray by funneling a 1:1 ratio of hydrogen peroxide and water into an opaque spray bottle with lemon juice or essential oils for a pleasant aroma!

Pest Solutions

Repel aphids and ants by mixing 5-7 drops of peppermint oil, 3-5 drops of dish soap, with warm water in a spray bottle. Spray along windows, doors, and plants.

Air Fresheners

Make a lemon basil room spray by steeping dried basil in boiling water, filtering out the basil, adding distilled water, vodka (for preservation), and lemon juice or essential oil. Shake and spray as needed.