



Wellness Buddy Wednesday Tip

Healthy Home Cleaning Products

Here are a few basic ingredients and items that you can use to clean your home and keep it smelling fresh without stretching your household budget.

Vinegar is a natural cleaning product as well as a disinfectant and deodorizer. It is safe to use on most surfaces and has the added bonus of being incredibly cheap. Mix a solution of 1 part water to 1 part vinegar in a new spray bottle and you will have a solution that will clean most areas of your home. Don't worry about the smell...it disappears when it dries.

In the bathroom, clean the bathtub, toilet, sink and countertops. Remember, improperly diluted vinegar is acidic and can eat away tile grout. And, never use vinegar on marble surfaces. Use pure vinegar on the toilet bowl to get rid of rings. Flush the toilet to allow the water level to go down. Pour the undiluted vinegar around the inside of the rim. Scrub down the bowl. Mop the floor in the bathroom with a vinegar/water solution. This solution will eat away soap scum and hard water stains on fixtures and tile (always test on a small inconspicuous area).

In the kitchen, use the same 50/50 vinegar and water solution to clean stovetop, appliances, countertops and your floor.

If you have a family member with sensitive skin, add $\frac{1}{2}$ cup of vinegar to the rinse cycle in place of purchased fabric softener. Vinegar breaks down laundry detergent more effectively than fabric softener.

To remove mold or mildew from windows, walls, or floors use white vinegar or lemon

juice full-strength. Apply with a sponge or scrubby.

To remove mold in bathroom tile grout mix 1 part hydrogen peroxide (3%) with 2 parts water in a spray bottle and spray on the areas with mold. Wait 1 hour and rinse with water.

Lemon juice can also be used to dissolve soap scum and hard water deposits. Lemon juice is also great to clean and shine brass and copper.

Olive oil with a few drops of lemon juice can be applied to shoes with a thick cotton or terry cloth. Leave on for a few minutes, then wipe and buff with a clean, dry cloth.

For a natural furniture polish for hardwood furniture mix 1 cup olive oil with ½ cup lemon juice and apply. For varnished wood, add a few drops of lemon oil into a ½ cup warm water. Mix well and spray onto a soft cotton cloth. The cloth should only be slightly damp. Wipe the furniture with the cloth, and finish by wiping once more using a dry soft cotton cloth.

To remove ink spots, pencil, crayon, or marker spots from walls or painted surfaces apply baking soda to a sponge, rub gently, wipe and rinse.

To remove water rings on a wooden table try applying toothpaste or mayonnaise to a damp cloth and rub into the ring. Once the ring is removed, buff the entire wood surface.

To remove small oil or grease spots from the garage floor add baking soda and scrub with a wet brush.

To clean appliances such as the stove, refrigerator, and others that should not be scratched apply baking soda directly with a damp sponge and rinse with water.

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Providing guidance and support to make the "healthy choice the easy choice!"