

# Bayit Bytes for Your Health and the Earth

## Green Cleaning

### Indoor Air Quality

*Conventional cleaning products contain hazardous ingredients\*which can cause poor indoor air quality. There is growing evidence that exposure to these chemicals is associated with health problems, especially in young children.*

*\*Some of these ingredients are banned in the European Union.*

### Green Cleaning

*Green cleaning means eliminating to the greatest extent possible, all cleaning agents containing hazardous ingredients and replacing them with environmentally friendly, non-toxic products that utilize natural or naturally-derived ingredients.*

- 1. Simple ingredients like baking soda, vinegar, super washing soda, borax & hydrogen peroxide make safer, effective cleaners and are available in most supermarkets.*
- 2. Chemical fragrances can be toxic so let go of the idea that things aren't clean if you can't smell a disinfectant odor.*

### Sample Green Cleaning Regimen\*

**All Purpose Cleaner:**

**2 Tbs. liquid soap or detergent  
in 1 gallon hot water  
Or**

### **The Problem:**

#### **Hazardous to Your Health:**

**Most commercial cleaning products contain toxic chemicals. The most dangerous cleaning products are generally drain cleaners, oven cleaners and acid-based toilet bowl cleaners.**

#### *Acute or immediate hazards*

- ✓ **skin or respiratory irritation**
- ✓ **watery eyes**
- ✓ **chemical burns (products labeled as corrosive can severely burn eyes or skin and if ingested, the throat & esophagus)**

#### *Chronic or long-term effects \**

- ✓ **Skin and respiratory irritation including asthma**
- ✓ **Cancer**
- ✓ **Hormone disruption**
- ✓ **Neurological problems**

*\*(The Green Guide, Product Report, Household Cleaning Supplies)*

#### **Polluting Our Environment:**

**Some ingredients can pollute waterways and damage plants and animals;  
Many use petroleum-based products**

#### **What You Can Do:**

- **Ventilate often**

*open windows to let polluted air out*

- **Leave shoes at the door**

*shoes track in dirt, allergens, pesticides & other chemicals from outside that settle on floors & carpets where children sit, crawl & play (a floor mat at the entrance to your home can also help to prevent dirt from entering your home)*

- **Damp wipe windowsills & damp mop floors weekly**

*household dust harbors lots of toxic chemicals like phthalates, flame-retardants, detergent components, pesticides, BPA and parabens; limiting dust is an effective way to reduce exposure to harmful chemicals*

**MCHUMOR.com** by T. McCracken



"Maybe we should dilute the cleanser some."

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*½ tsp.washing soda  
2 tsp.borax  
½ tsp.liquid soap  
2 c. hot water*

*(Mix together in an empty spray bottle)*

**Scouring Powder:**

*Bon Ami Powder Cleanser*

**Toilets:**

*Biokleen Soy Toilet Scrub*

**Floor Cleaner:**

*1 gallon water*

*¼ c. distilled white vinegar*

*(Mix together in an empty plastic gallon jug)*

**Disinfectant:**

*Hydrogen peroxide*

*Distilled white vinegar*

*(spray 1 after the other – can be used on sinks & cutting boards to kill bacteria)*



*\*see "Reduce Your Use" for more easy, safe & affordable recipes*

- **Use a microfiber mop or cloth**

*microfiber cloths are made out of a special material that does not require chemicals to clean, and can be washed and reused multiple times as opposed to paper towels that are only used once*

- **Use a vacuum with a HEPA filter**

*These vacuums can trap even small dust particles without re-releasing them into your home. Make sure you change the filter regularly to keep it working well!*

- **Choose safer products**

*Avoid cleaners marked "danger", "poison", "corrosive"(EWG found a rust stain removal product where the fine print warns "May be fatal or cause permanent damage"*

*When products use terms such as "natural" or "eco-friendly" pay close attention to their ingredient list as these terms have no standardized meaning*

*Look for "solvent-free", "no petroleum-based ingredients", "no phosphates"*

*Limit use of citrus or pine oil based cleaners which on smoggy days can form formaldehyde and particulates that can penetrate deep into the lungs (The California Air Resources Board)*

*Buy eco-friendly brands\* like Ecover, BioKleen, Seventh Generation (Available at Fairway, Whole Foods, Trader Joes, most health food stores) or*

*Make Your Own (see side bar & attachment for simple recipes that save a bundle!!!)*

*\*Refer to websites that identify safer products: The Green Guide ([www.thegreenguide.com](http://www.thegreenguide.com)), Environmental Working Group([www.EWG.org](http://www.EWG.org)), Healthy Stuff ([www.healthystuff.org](http://www.healthystuff.org))*