

To use your pocket guide:

1. Cut along outer black line
2. Fold on dotted lines
3. Share the 2nd one with a friend!

### Shopping List\*

#### Non-toxic Cleaning Tool Kit:

Spray bottles (always label your mixtures)  
Microfiber cloth  
Castile soap  
Vinegar  
Borax  
Baking soda  
Lemon juice  
Hydrogen peroxide  
Disinfecting essential oils: thyme, tea tree, cinnamon, clove, lavender, rosemary, or lemon

#### Preferred Products:

Activeion  
Dr. Bronner's  
Earth Friendly Products  
Ecover  
Method  
Mountain Green  
Restore  
Seventh Generation  
Shalkee

*Inclusion in this list does not imply endorsement. Some products are better than others, but are all preferable to conventional cleaners.*

### Recipes

**All-purpose cleaner:** 2 tbsp vinegar, 1 tbsp borax, 1 1/2 cup water, 1/4 cup castile soap, 10 drops of essential oils. Mix in 16oz spray bottle, adding soap and oil last.

**Tub & tile scrub:** Moisten surface and sprinkle on baking soda. Wipe with wet cloth.

**Windows:** 3 tbsp vinegar and 1 qt water

**Furniture polish:** Mix olive oil and vinegar in a one-to-one ratio.

### Resources

Household Product Database - [www.householdproducts.nlm.nih.gov/](http://www.householdproducts.nlm.nih.gov/)

Seventh Generation Label Reading Guide - [www.seventhgeneration.com/show-whats-inside](http://www.seventhgeneration.com/show-whats-inside)

Consumer Reports Eco-label Guide - [www.greenerchoices.org/eco-labels/](http://www.greenerchoices.org/eco-labels/)

Healthy Child Healthy World: The non-profit leader inspiring parents to protect young children from harmful chemicals. HealthyChild.org © 2010

### Quick Tips

#### Avoid

• Products that say poison, warning, or danger:

• Products with unidentified "fragrances;"

• Misleading claims like "natural," "environmentally-friendly," and "biodegradable" which are not regulated.

• The top toxics: nonylphenol ammonium, chlorine bleach, DEA, TEA, ethoxyates (NPEs), triclosan, and sulfuric acid.

#### Choose

• Simple cleaners you make yourself.  
• Commercial, non-toxic cleaners that disclose ingredients.

**Golden Rule to Remember:**  
Water is the universal solvent. Many jobs can be done with H<sub>2</sub>O alone.



## Healthy Cleaning Pocket Shopping Guide



More Pocket Guides at [HealthyChild.org/pocketguides](http://HealthyChild.org/pocketguides)

### Shopping List

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