



# Community Child Care Council (4C's) of Alameda County

Child Health and Nutrition Department

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## Fresh Air Cleaning Kit Recipes



Non-Toxic, Non-Asthma Triggering, Organic Cleaning Recipes that REALLY work!!!

Many people believe that homemade cleaners are not effective. Sometimes you may need to put in a little extra elbow grease, or let the cleaner sit for a bit, but homemade cleaners can be just as effective as conventional ones! Besides a clean home, the benefits include saving money, protecting the health of everyone in your home, and protecting the environment. Tip: Want your cleaners to smell better? Add lemon juice or essential oils.

### All Purpose Cleaner

(Possible uses include: countertops/plastic chairs/toys/  
refrigerator/microwave/walls/stove)

#### Supplies/Ingredients needed:

$\frac{1}{2}$  cup vinegar

$\frac{1}{4}$  baking soda

$\frac{1}{2}$  gallon hot water

Mix ingredients in spray bottle. For very light jobs, you can also just use baking soda with water or  $\frac{1}{2}$  cup vinegar with 1 quart water.

### Refrigerator Cleaner

#### Supplies/Ingredients needed:

2 tbsp baking soda

1 quart warm water

Dissolve baking soda and water. Wipe down. You can also make a paste out of the baking soda and water for more stubborn spots. A small opened box will keep the refrigerator smelling fresh.

### Window and Mirror Cleaner

#### Supplies/Ingredients needed:

3 tbsp vinegar

1 quart water

Mix ingredients in spray bottle. For a stronger solution, mix half and half vinegar and water.

### Oven Cleaner

#### Supplies/Ingredients needed:

$\frac{1}{4}$  cup baking soda

2 tbsp salt

Mix in hot water as needed to make a paste. Let paste sit for 5 minutes. Don't use on wires or heating elements.

### Drain Cleaner

#### Supplies/Ingredients needed:

$\frac{1}{4}$  cup baking soda

$\frac{1}{2}$  cup vinegar

2 quarts boiling water

Pour  $\frac{1}{4}$  cup baking soda followed by  $\frac{1}{2}$  cup vinegar. Cover and let sit for 15 minutes. Follow with 2 quarts boiling water.

### Wood Cleaner

#### Supplies/Ingredients needed:

2 tbsp olive oil

2 tbsp white vinegar

$\frac{1}{4}$  cup lemon juice

Mix ingredients and rub into wood using a microfiber cloth. Rub in the direction of the grain.

## Floor Cleaner

### Wood Floors

#### Supplies/Ingredients needed:

1 cup vinegar per pail of water

OR

2 tbsp olive/vegetable oil

2 tbsp vinegar

$\frac{1}{4}$  cup lemon juice

Mix together, spray and mop.

### Laminate Floors

#### Supplies/Ingredients needed:

$\frac{1}{2}$  cup white vinegar

1 gallon warm water

Mix ingredients. Don't over wet floors. Instead, apply with spray bottle. Mop. (Consider using a microfiber mop.)

### Laminate/No Wax Floors

#### Supplies/Ingredients needed:

$\frac{1}{4}$  cup baking soda

2 gallons hot water

1 tablespoon dish soap

$\frac{1}{4}$  cup vinegar

Allow the baking soda to dissolve in the water, and when it's almost full, add 1 tablespoon of dish soap. Adding the soap too early can lead to lathery water that will leave unwanted marks on floors. When you have 2 gallons of hot water, you can add the  $\frac{1}{4}$  cap of vinegar and you're ready to mop.

## Proper Dilution of Bleach

Use dilutions specified on the label for sanitizing and disinfecting. Proper dilutions for 8.25% Sodium Hypochlorite (Concentrated):

Sanitizing:  **$\frac{1}{4}$  teaspoon** bleach/quart (32oz) of water

Disinfecting: **1 1/2 teaspoons** bleach/quart (32oz) of water

Disinfecting bodily fluid spills: **4 tablespoons** bleach per quart (32oz) of water

## Toilet Cleaner Recipe 1 (mild)

#### Supplies/Ingredients needed:

$\frac{1}{4}$  cup baking soda

1 cup vinegar

Mix ingredients and pour into basin, allowing to sit for 3 minutes to a half hour. Scrub with brush and rinse.

## Toilet Cleaner Recipe 2 (stronger)

#### Supplies/Ingredients needed:

$\frac{1}{2}$  cup borax

1 gallon hot water

Mix solutions and scrub basin. Borax helps get rid of stains better than baking soda.

## Alternatives to Using Bleach

These cleaners are a safe alternative to household bleach and can be purchased online. If you do not want to make your own cleaners, these are a good option.

### RECOMMENDED PRODUCTS

#### Oxivir® Tb



Sold as 946mL (1 US Qt)

### HOW TO USE

Disinfecting with Oxivir® Tb and sanitizing with SaniDate® require a pre-clean step using non-antibacterial (triclosan-free) diluted soap.

#### DISINFECTANT

Use on the following surfaces

- Diaper changing tables
- Sinks
- Toilets
- Activity tables
- Disposable diaper containers
- Any area where bodily fluid spills occur

[Oxivir® Tb is also registered with the United States Environmental Protection Agency (USEPA) as effective against norovirus, HIV, Hepatitis B, Hepatitis C, MRSA, tuberculosis (TB), and other communicable diseases].

This disinfectant contains **hydrogen peroxide** and must remain on the surface for one minute.

One Qt. bottle of Oxivir® Tb will last approximately two weeks to one month per infant/ toddler room.

#### SaniDate® Ready to Spray Hard Surface Sanitizer



Sold as 946mL (1 US Qt)

#### FOOD CONTACT SANITIZER

Use on the following food contact surfaces

- Snack tables
  - Meal tables
  - High chair tables
- Use on other surfaces such as
- Non-mouthed toys

This sanitizer contains **hydrogen peroxide** and must remain on the surface for one minute.

One Qt. bottle of SaniDate® will last approximately two weeks to one month per infant/toddler room.

**Note:** Make sure to search for SaniDate RTU. This is NOT the same as SaniDate 5.0, which contains an ingredient that increases asthma symptoms.