



## Green Cleaning

**Here are ways to clean without using harsh chemicals that can trigger asthma symptoms.**

### All Purpose Cleaner

**Ingredients:**

- 2 Cups White Distilled Vinegar
- 2 Cups Water
- Spray Bottle

**Directions:**

Mix the 2 cups of vinegar and 2 cups of water in spray bottle.

**Uses and Tips:** Use on hard surfaces like countertops and kitchen floors, windows and mirrors. Warm the cleaner in a microwave until almost hot. This will boost the cleaning power for tough jobs. Only microwave the cleaner in a glass container.

### All Purpose Cleaner for Floors

**Ingredients:**

- 3 Cups White Distilled Vinegar
- 1 Gallon Water

**Directions:**

- Mix the 3 cups of vinegar and 1 gallon of water for floors.

### Toilet Bowl Cleaner

**Ingredients:**

- Baking Soda
- Vinegar

**Directions:**

- Sprinkle toilet bowl with baking soda and drizzle with vinegar.
- Let soak for at least 30 minutes and then scrub with toilet brush.

**Uses and Tips:** To remove water spots rub well with toothpaste. To remove scratches use 1 part lemon juice and 1 part oil, rub with soft cloth.

**Source and for more tips: [www.womensvoices.org](http://www.womensvoices.org)**

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## Furniture Polish

### Ingredients:

- ¼ Cup Olive Oil
- ¼ Cup White Distilled Vinegar
- Spray Bottle
- 2 teaspoons lemon juice. This is optional. If you add lemon juice, the mixture must be kept in the refrigerator.

### Directions:

- Mix ¼ cup of olive oil with ¼ cup of white distilled vinegar.
- Shake well before using.
- Dip a clean, dry cloth into the polish and rub wood in the direction of the grain. Use a soft brush to work the polish into corners or tight places.

**Uses and Tips:** To remove water spots rub well with toothpaste. To remove scratches use 1 part lemon juice and 1 part oil, rub with soft cloth.

## Drain Opener

### Ingredients:

- ½ Cup Baking Soda
- ½ Cup Vinegar

### Directions:

- Pour baking soda down the drain and then pour vinegar down the drain.
- Cover and let sit for at least 30 minutes.
- Flush with boiling water.

**Uses and Tips:** Prevent your shower from clogging by using a drain trap to catch hair.

Source and for more tips: [www.womensvoices.org](http://www.womensvoices.org)

For questions and resources, call 1 (833) 327-8462.  
[www.SouthSideKidsAsthma.org](http://www.SouthSideKidsAsthma.org)