



GREEN SPRING CLEANING Tips

1. Clean Naturally

Utilize basic cleaners, such as baking soda, lemon juice, vinegar and hot water instead of harsh chemicals that reduce indoor air quality and harm the environment.

2. Clean with Reusable Wipes/Scrubbers

Utilize reusable rags and scrub brushes instead of paper towels. Synthetic sponges are petroleum derived, so it is also best to utilize natural loofah.

3. Use Natural Air Fresheners

Synthetic air fresheners often contain formaldehyde or other toxic chemicals. To really freshen up a room, open windows and invest in houseplants. NASA has studied the pollution-reducing abilities of plants, the following are shown to remove benzene, trichloroethylene and formaldehyde from the air: peace lily, spider plant, golden pothos, mother-in-law's tongue, bamboo palm, ficus, pot mum, and gerbera daisy.

4. Ditch Your Drycleaner

Avoid buying clothes labeled 'dry clean only'. Many clothing items labeled 'dry clean only' can often be handwashed in cool water or in your washing machine on the delicate cycle.

5. Shine Furniture With Natural Polish

Make a simple wood furniture dusting polish with 2 tablespoons lemon juice, 1/2 tablespoon olive oil, and 10 drops lemon oil. It is best to dust with a wool dusting cloth because static electricity draws the dust to the wool.

6. Make a Green Window Wash

Make a window cleaner by combining vinegar and water in a 1:1 ratio. Scrub with newspapers to avoid streaking.

7. Let It Hang Out

Instead of tossing damp clothes into the dryer, hang them outside. Line-drying uses zero energy (making it very cost effective). If the weather doesn't permit, invest in an inexpensive indoor drying rack.