

# Under your cabinets. In your garage.



Making your home a safer place starts here. Create a more healthy home, save money and get rid of dangerous chemicals you don't need by figuring out what chemicals you already have and getting rid of what you don't need.

Many household cleaners contain hazardous materials and chemicals. Often, the warning labels go unnoticed, leading to life-threatening situations.

**Keep your family safe** and healthy by making some simple changes. From changing what products you buy to storing them properly and away from children and pets, there are many things you can do to make your home a safer, healthier place.

## WHAT TO DO

**Make a list** of what you have. Look for cleaners and chemicals under your bathroom and kitchen sinks, in the garage or pantry, or in your trunk. Ask yourself some basic questions, like:

- How long has it been since you last used it?
- Can you still use the product?
- How much is left?
- Does it require any special storage?
- Is it dangerous, toxic, poisonous or flammable?
- Do you have duplicate bottles?

**Use it up.** Once you know what chemicals you have around the house, it's time to do something with them. If they are still good, use the rest of the container or find a new use for it. If you don't need it, see if a neighbor, friend or family member can use it.



**Store chemicals safely.** If you have to store chemicals, make sure that they are in a safe place. Dispose of old or unused chemicals properly at a hazardous waste collection event.

### Helpful storage tips:

- Make a central storage place for all the cleaners in your house. It should be easily accessible for adults, out of reach of children and animals, well ventilated and away from food.
- Use childproof cabinet latches.
- Make sure lids and caps are tightly sealed and that containers are stored upright.
- Leave products in their original containers.
- Make sure all products are clearly labeled.
- Never pour chemicals or medications down the drain or toilet.
- Never mix chemicals.



**Get rid of it the right way.** If you have chemicals in your house that you need to get rid of, bring them to the MET's semiannual **Fairgrounds Pollutant Collection** held each spring and fall at the Tulsa State Fairgrounds.

Accepted items like household cleaners, pesticides, fertilizers, aerosol paint cans, stains, pool chemicals, mercury and more will be disposed of safely and free of charge.

If you can't wait for the collection, visit [metrecycle.com](http://metrecycle.com) or call the numbers listed on the back of this brochure for more information.

**Shop smart.** The best way to eliminate toxins from your home is to not buy them. Use alternatives first, and if you have to buy chemicals, only buy the amount you need and can use.



Alternative cleaners that use non-toxic and natural ingredients work just as well as their chemical counterparts and are safer and better for the environment.

### Safe shopping tips:

- Look for natural alternatives to chemicals.
- Look at labels for words like "hazardous", "poisonous", "danger" and "toxic".
- Buy the least hazardous product.
- Buy just enough to do the job.

**Make your own cleaners.** Homemade cleaners are safer and cheaper, while just as effective. Here are some common items you should have in your own **natural cleaning starter kit**:



Baking soda, white vinegar, borax, salt, lemons, spray bottle

You'll find these common household items in many of the all-natural cleaning recipes listed on the next page. Other items used frequently include castile soap and essential oils like lemon oil and pine oil.

When you make your own cleaning products, make sure you label the spray bottles with a permanent marker, include the ingredients and date, and make sure the lids are sealed tightly.

## All-Natural Cleaning Recipes



*Most of these recipes use items from the natural cleaning starter kit. Even though these items are natural, you should still take precautions and always wear gloves.*

**Air Freshener:** Baking soda or vinegar with lemon juice in small dishes absorbs odors around the house. Having houseplants helps reduce household odors.

**All-Purpose Cleaner:** 1 gallon hot water, 1/4 cup sudsy ammonia, 1/4 cup vinegar, 1 tsp baking soda. Combine and pour into spray bottle. Good for kitchens, baths and more.

**Blood:** Rinse with club soda or pour hydrogen peroxide directly on stain; rinse with cold water.

**Carpet Cleaner:** Mix 2 parts cornmeal to 1 part borax. Sprinkle on carpet, let sit for an hour, then vacuum. *For stains*, blot with vinegar and mild, soapy water. *For red wine*, blot with white wine and warm, soapy water. *Deodorize* with baking soda.

**Chocolate:** Rub with a paste of baking soda and water. Let dry, then wash as usual.

**Chrome Polish:** Wipe with vinegar.

**Coffee Stains:** Rub with moist salt or baking soda.

**Copper Cleaner:** Equal parts vinegar, salt and flour. Rinse completely after polishing to avoid corrosion.

**Crayon and Ink Marks on Walls:** Rub gently using baking soda applied to a damp sponge, then wipe and rinse.

**Disinfectant:** Mix 2 cups water, 2 tsp borax, 8 drops pine essential oil and 4 drop cedar essential oil in a spray bottle. Spray on surface and wipe clean with damp cloth.

**Drain Cleaner:** Pour 1/2 cup baking soda down the drain, followed by 1/2 cup vinegar. Wait a few minutes and pour in a quart of boiling water.

**Fabric Softener:** Add 1/4-1/2 cup vinegar in rinse cycle. Do not use too much or dyes will run. Prevents static cling.

**Fertilizer:** Make your own fertilizer by composting yard and kitchen waste.

**Fireplace Soot:** Add 1/2 cup salt to logs before lighting fire. Salt loosens the soot as the fire burns.

**Floor Cleaner:** Mix 1 cup vinegar and 2 gallons water. For unfinished wood floors, add one cup linseed oil. To remove wax buildup, scrub with club soda, let soak and wipe clean. For linoleum floors, add 1 cup white vinegar to 1/2 gallon water.

**Floor Polish:** Melt 1/8 cup paraffin wax in a double boiler. Add 1 quart mineral oil and a few drops of lemon oil. Apply with a rag, let dry, then polish.

**Furniture Polish:** Wipe with lemon, olive or almond oil.

**Garbage Disposal Cleaner:** Pour in 1/2 cup baking soda. Add 1/2 cup vinegar. Let sit; rinse. Finish by grinding a lemon.

**Grass Stains:** Soak in vinegar, or use a rubbing alcohol and water solution.

**Hand Cleaner for Paint/Grease:** Rub hands with baby oil, vegetable oil or margarine, then wash with soap and water.

**Ink:** Soak in lemon juice. Wash with regular laundry.

**Laundry Bleach:** Mix 1/2 cup Laundry Soap recipe (below), 1/4 cup borax, 1/4 cup vinegar and 6 drops lemon oil.

**Laundry Soap:** 1 oz liquid castile soap, 2 tbsp glycerin, 1 cup washing soda, 1 cup baking soda, 2 cups warm water, 10 drops essential oil of your choice. Combine in a heavy plastic container. Shake well before using.

**Mirror and Faucet Cleaner:** Mix 1 1/2 cups vinegar, 1/2 cup water and 8 drops of citrus essential oil in spray bottle. Helps prevent fogging.

**Oven Cleaner:** Sprinkle baking soda on moist surface, let sit as long as overnight and scrub with steel wool. Wipe clean.

**Porcelain Stain Remover:** Scrub with baking soda.

**Stainless Steel Cleaner:** Scrub with baking soda.

**Tile and Tub Cleaner:** Wipe with vinegar, then scrub with baking soda on a rag.

**Toilet Bowl Cleaner:** Mix 1/4 cup baking soda and 1 cup vinegar. Pour into basin and let set for a few minutes. Scrub with brush and rinse.

**Window and Glass Cleaner:** Combine 2 teaspoons vinegar and 1 quart warm water in a spray bottle. Wipe with

When working with chemicals...

**READ  
THE LABEL**



**FOLLOW  
THE DIRECTIONS**

Companies spend fortunes writing directions to ensure that people will know how to use their products properly. **Always** follow the directions, and remember:

- Using twice as much **doesn't** mean twice as effective.
- Use chemicals only in well-ventilated areas.
- **Do not mix chemicals.**

**CLEAN UP  
SPILLS**

Spills are a part of life. It's important to know how to clean them up. Always read the container's label—many contain specific instructions for cleaning up spills. If it is dangerous, take the following precautions:

- Wear protective gloves and mask, and ventilate the area.
- Don't use cleaning products on the spill, as it could cause a chemical reaction.
- Rinse the spill area several times with water and rags.
- Never use household mops or brooms to clean toxic spills.

**Helpful Phone Numbers**

For pesticide poisoning, call **911** if the person is unconscious, has trouble breathing, or has convulsions. Otherwise, call Poison Control.

**Poison Control:** 800.222.1222

**Tulsa County Health Department:** 918.582.9355

**City of Tulsa Refuse and Recycling:** 918.596.9777

**Oklahoma Dep't of Environmental Quality:** 800.522.0206

**Environmental Protection Agency**

- For emergencies and threats to public health, like oil spills, chemical spills, radiation emergencies and biological discharges: 800.424.8802
- To report environmental violations: 800.887.6063

**Share your natural recipes** with us! We're always looking for new, natural ways of cleaning. Let us know how **you** clean naturally by sending an e-mail to [recipes@metrecycle.com](mailto:recipes@metrecycle.com).

**Have we MET?**

The Metropolitan Environmental Trust operates many recycling centers throughout the metro Tulsa area, conducts environmental events to encourage recycling, provides educational and volunteer opportunities for individuals and community groups, and is a leader of the green movement in Tulsa.

For more information on hazardous waste disposal, visit [www.metrecycle.com](http://www.metrecycle.com) or call **918.584.0584**.



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deep  
GREEN  
clean  
a guide to safer cleaning at home

