

## 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

**OK Dept. 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 go to [www.epa.gov/enforcement/report-environmental-violations](http://www.epa.gov/enforcement/report-environmental-violations)

## 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**.



# deep GREEN clean

## A Guide to Safer Cleaning at Home



**Clean Your Home the Safe Way.** Making your home a safer place starts here. Create a healthier home, save money and get rid of dangerous chemicals you don't need. Many household cleaners contain hazardous materials and chemicals. The warning labels often go unnoticed, leading to possibly 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 You Can 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.

### 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 pets, 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.** The Household Pollutant Collection Facility is a permanent facility for use by appointment. If you live in Tulsa, please call the City of Tulsa at 918-596-2100 to schedule an appointment. If you live in the Cities of Bixby, Broken Arrow, Claremore, Collinsville, Coweta, Glenpool, Jenks, Owasso, or Sand Springs, call the M.e.t. at 918-584-0584 for a voucher number permitting you to use the Tulsa facility for free.

### Accepted Items Include:

- Fluorescent and CFL Lightbulbs
- Oil Based Paints and Paint Thinner
- Flammable Liquids
- Lawn Chemicals
- Automotive Fluids
- Cooking Oil/Grease
- Aerosols
- Household and Car Batteries
- Household Cleaners
- Pool Chemicals

### Non-Accepted Items Include:

- Commercial Waste
- Latex paint
- Medical or Biomedical Waste
- Asbestos
- Food or Organic Waste
- Radioactive Material
- Ammunition/Explosives
- Compressed Gas Cylinders
- Unknown Materials or Substances



**Shop Smart.** The best way to eliminate toxins from your home is to avoid buying them in the first place. Use alternatives first, and if you have to buy chemicals, only buy the amount you need and will 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.

## 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.
- Always wear protective gear like gloves and goggles.

**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.



## When working with chemicals...

### READ THE LABEL

**Toxic:** Can cause injury or death through ingestion, inhalation or skin contact

**Corrosive:** Can burn and destroy living tissues

**Irritant:** Can irritate living tissues

**Flammable:** Can be easily ignited

**Caution/Warning:** Can cause temporary adverse health effects

**Danger:** Can cause permanent, serious health effects

**Poison:** Can be fatal if ingested

**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
- Salt
- White vinegar
- Lemons
- Borax
- 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 making your own cleaning products, make sure you label the spray bottles with a permanent marker, include the ingredients and date, and tightly secure the lids.



## 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. Houseplants also help reduce household odors and purify the air.
- **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.
- **Bathroom mold:** Mix one part hydrogen peroxide (3%) with two parts water in a spray bottle and spray on areas with mold. Wait at least one hour before rinsing or using shower.
- **Blood:** If you can get to the stain before it sets rinse with club soda or pour hydrogen peroxide directly on stain; rinse with cold water. To remove fresh bloodstains from clothing or furniture, make a paste of water and talcum powder and apply it to the spot. When it dries, brush away the stain.
- **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.
- **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.
- **Disinfectant Wipes:** Combine 1 cup water, 1/4 cup vinegar, 8 drops tea tree oil, 8 drops eucalyptus essential oil and 8 drops lemon essential oil in a bowl and pour over 15-20 squares of cloth (old t-shirts work well) in an empty “wipe” container or plastic container with lid. Use, launder and repeat.
- **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.
- **Dusting Spray:** Combine 1 tbsp castile soap, 15 drops lemon essential oil and 2 cups water in a spray bottle, and shake gently. Spray onto clean cloth and wipe.
- **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.
- **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.
- **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 newspaper. Do not clean windows in direct sunlight.
- **Wood Cutting Board:** To disinfect, soak a cloth in pure white vinegar then wipe thoroughly. Also, cut lemons in half and rub board with the sides of the lemon. Let both treatments sit for a few minutes before rinsing off. Wipe with dry cloth and air dry.