What Does Clean Really Mean?

- De-odorized
- Dis-infected
- Sparkling
- ....Toxic?
We have been convinced...

- **Need** these products to achieve cleanliness

- **Bacteria are scary**

- We need a different product for each area of our home ..... $$$$$
Toxic products have snuck into our homes...
Impacts our health...
Impacts our environment...
Not all ingredients are required to be listed....

Sometimes **NONE** are listed

Some ingredients are listed by a **generic name**.... **fragrance** – what is it?

**Fine Print**...

**DANGER** should be a warning sign
What to Avoid

- **Ammonia** – irritating to eyes, nose, lungs
- **Surfactants** – Some biodegrade into toxic substance for fish (hormone disruptors)
- **Petroleum Distillates** – highly volatile
- **Phthalates** – links to cancer (found in air fresheners)
- **Phosphates** – Can cause excessive algae growth, depleting aquatic ecosystems of Oxygen
- **Chlorine compounds** – acutely toxic to fish, persistent in environment, toxic gas & byproducts
- **Parabens** – Irritating to skin, hormone disruptors
  - Butyl – Benzyl – Ethyl – Methyl – Phenol – Propyl

- Generally anything you cannot pronounce or that has unexplained acronyms e.g. DEA, PDCB
Biodegradable – what does it really mean?

There are **no standards** for the biodegradable claim....

The term is applied to a wide range of products....

Even those that **break down into other harmful environmental toxins** can be labelled “Biodegradable”
What to Look For

- Non Toxic
- Water or Vegetable Based
- Easy to understand, complete list of ingredients
- No “Chlor”
- Phosphate Free
- Pump spray instead of aerosol
Other Important Issues

- Ingredients in Cosmetics
- Solvents and Paints Safe disposal
- Pharmaceuticals down the drain
Safe Cleaning Kit!
What you’ll need

- Baking Soda
- Vinegar
- Castile Soap (Pure Natural Soap)
- Essential Oils
- Lemon Juice
- Washing Soda (optional)
- Borax
- Spray Bottles
- Microfiber Cloth
- Steel Wool & Scrub Brushes
**Ingredients explained**

<table>
<thead>
<tr>
<th></th>
<th>Baking soda</th>
<th>Borax</th>
<th>Essential oils</th>
<th>Lemon juice</th>
<th>Liquid castile soap</th>
<th>Salt</th>
<th>Soap granules</th>
<th>Olive oil</th>
<th>White vinegar</th>
<th>Washing soda</th>
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<tbody>
<tr>
<td>Cuts grease</td>
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<tr>
<td>Fights mould &amp; mildew</td>
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<td>Lifts dirt</td>
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<td>Softens water</td>
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</tbody>
</table>

Essential oils are optional; avoid them if you are sensitive to scents. Lemon, lime, grapefruit, tea tree, lemongrass, lavender, and eucalyptus oils have antibacterial, antifungal and/or grease-cutting powers.

More tips and recipes at [queenofgreen.ca](http://queenofgreen.ca)
RECIPEs we’ll try today….

- **Disinfectant Spray**
  - 2 cups water
  - ¼ cup vinegar
  - 2 tsp tea tree oil

- **Powdered Laundry Soap**
  - 1 cup grated pure soap
  - ½ cup borax
  - ½ cup baking soda or washing soda
  - 10 drops essential oil

- **Creamy Soft Scrub**
  - 1 2/3 cup baking soda
  - ½ cup liquid soap
  - dilute with ½ cup water
  - 2 tbsp vinegar
  - Essential oil (optional)
Greener Cleaners

- Better for your health
- Better for the environment – both the air and the water
- Effective
- Inexpensive
- Fun to make & experiment with!
Resources:

Georgia Strait Alliance
Toxic Smart Materials

David Suzuki Foundation
“Queen Of Green”
Cleaning Recipes

Thanks to GOOGLE for the pictures...