



## Earth Love Month

### Day 16: Green your clean

Why do you use certain cleaning products? Is it because they do a better job of cleaning or is it because you *think* they do? Marketers have long relied on the neuroscience of habit forming in persuading us to get hooked on their products. Charles Duhigg describes in his book [The Power of Habit: Why we do what we do in life and in business](#) how we came to believe in the products we use today.

The reality is that simple cleaning solutions work just as well, cost a lot less and generally are much better for the environment than the commercially packaged concoctions.

Baking soda, vinegar, peroxide, dish soap—these simple pantry staples can be purchased in bulk and mixed together according to need for pennies on the dollar.

**The next page is a graphic to help you get started!**

ALL PURPOSE CLEANER



2 cups water + 1/2 cup white vinegar + 1 tsp dish soap + 1 tsp baking soda

Mix together in a spray bottle. Spray surface and wipe clean with a microfiber cloth.

SHOWER SPRAY



1 cup water + 1 cup white vinegar + 1 cup dish soap

Mix together in a spray bottle. Spray surface and wipe.

GLASS CLEANER



1 cup white vinegar + 1 cup water

Mix together in a spray bottle. Spray surface and wipe clean with a microfiber cloth.

FABRIC SOFTENER



1 cup white vinegar + 1 cup baking soda

Use 1 cup during the rinse cycle.

DISINFECTANT



1 cup water + 1 cup rubbing alcohol

Put ingredients in a bottle and shake. Spray surface after cleaning.

WOOD CLEANER



1 cup linseed oil + 1/2 cup lemon juice

Mix in a spray bottle, apply to the surface and buff to a shine with microfiber cloth.

SCOURING POWDER



1 cup baking soda + 1/2 cup salt + 1/2 cup borax powder

Combine ingredients in a jar. Wet surface with water and sprinkle on your scouring powder. Leave for five minutes then scrub clean with a brush or damp cloth.