



green cleaning

Many cleaners have harsh fragrances and chemicals, like bleach and ammonia, which can irritate your eyes and lungs.

These chemicals can be found in the air you breathe and in household dust.

1 You can save money and avoid unwanted chemicals by making your own home cleaners.

- Mix a small amount of white vinegar with water to clean countertops and windows.



2 Wash hands (especially your children's) frequently in warm, soapy water.

3 To control pests:

- Use bait and gel pesticides instead of sprays.
- Seal holes and fix leaks.
- Keep food in sealed containers.
- Empty the trash every night.



4 Dust with a damp cloth or mop to avoid breathing harmful dust.

5 Learn to read labels on cleaning products to avoid harmful chemicals.

AVOID:

Cleaners whose labels say:

- Corrosive
- Caustic

These can cause health problems and are unsafe to have around children.

CHOOSE:

- Chlorine-free products
- Cleaners labeled *Free & Clear*
- Cleaners labeled No-VOC or Low-VOC



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