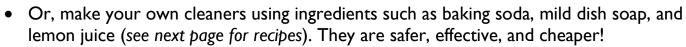
# Healthy and Green Cleaning

### Did you know?

Routine cleaning can reduce allergens, dust, and chemicals in your home. When cleaning, use non-toxic cleaning products (also known as "green" products), which are safer for your health and the environment.

# I. Choose safer cleaning products

- Use unscented or fragrance-free products.
- Avoid air fresheners.
- When possible, choose cleaning products with these logos:



- Choose pump sprays over aerosols (mists).
- If using bleach, dilute it, open the windows, and never mix it with other cleaning products (especially ammonia- mixing them can create a dangerous gas).

# 2. Protect yourself when cleaning

- For store-bought products: read the label and use as directed.
- Open windows and turn on a fan to increase air flow.
- Wear gloves if the product can hurt your skin.
- Keep products away from children and pets.

# 3. Get your apartment building to "go green"

• Share the "Two Shades of Green" program with other tenants and your building manager: <a href="www.lisc.org/nyc/what-we-do/healthy-neighborhoods/two-shades-green/">www.lisc.org/nyc/what-we-do/healthy-neighborhoods/two-shades-green/</a>

#### References:

Environmental Protection Agency: <a href="https://www.epa.gov">www.epa.gov</a>
NYC DOH Green and Safe Cleaning: <a href="https://www.l.nyc.gov/site/doh/health/health-topics/green-and-safe-cleaning.page">www.l.nyc.gov/site/doh/health/health-topics/green-and-safe-cleaning.page</a>
Guide to Healthy Cleaning: <a href="https://www.ewg.org/guides/cleaners">www.ewg.org/guides/cleaners</a>









# Easy and Affordable Green Cleaning Recipes

# **All-Purpose Cleaner**

I cup warm water

3 drops unscented liquid soap

I tablespoon white vinegar

Optional: add some fresh lemon juice

Mix ingredients in empty spray bottle. Use to clean various surfaces in your home.

# Sink, Tub, and Tile Cleaner

Add water to baking soda to make a paste. Scrub surfaces. Rinse well.



#### Window Cleaner

1/4 cup vinegar

³⁄₄ cup water

Mix ingredients in empty spray bottle. Use to clean windows and mirrors in your home.

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References

Environmental Protection Agency: www.epa.gov

 $NYC\ DOH\ Green\ and\ Safe\ Cleaning: \underline{www1.nyc.gov/site/doh/health/health-topics/green-and-safe-cleaning.page}$ 

Guide to Healthy Cleaning: www.ewg.org/guides/cleaners



