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.

1. Choose safer cleaning products
   - Use unscented or fragrance-free products.
   - Avoid air fresheners.
   - When possible, choose cleaning products with these logos:
     - Or, make your own cleaners using ingredients such as baking soda, mild dish soap, and lemon juice (see next page for recipes). They are safer, effective, and cheaper!
   - 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: www.lisc.org/nyc/what-we-do/healthy-neighborhoods/two-shades-green/

References:
Environmental Protection Agency: www.epa.gov
NYC DOH Green and Safe Cleaning: www1.nyc.gov/site/doh/health/health-topics/green-and-safe-cleaning.page
Guide to Healthy Cleaning: www.ewg.org/guides/cleaners
Easy and Affordable Green Cleaning Recipes

**All-Purpose Cleaner**

1 cup warm water  
3 drops unscented liquid soap  
1 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**

¼ cup vinegar  
¾ 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](http://www.epa.gov)  
Guide to Healthy Cleaning: [www.ewg.org/guides/cleaners](http://www.ewg.org/guides/cleaners)