




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:
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- 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

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:

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