

TRIBAL HEALTHY HOMES NETWORK

Clean Air. Safe Homes. Healthy Lives.

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Tub, Tile & Basin:

Mix together:

- ◇ 1/2 C. Baking Soda
- ◇ 2-3 tbsp. Liquid Soap (castile)

Disinfectant Solution:

Mix together:

- ◇ 1/4 C. Borax
- ◇ 1/2 Gallon Hot Water

Hardwood Floor Recipe:

- ◇ 1/2 C. White Vinegar
- ◇ 1 Gallon Warm Water

(Polish with skim milk after floor is dry, will make the floor glow)

Window Cleaner Recipe:

- ◇ 2 tsp. vinegar
- ◇ 1 qt. warm water

(Rub dry with newspaper to avoid streaking)

All Purpose Cleaner Recipe:

- ◇ 3 tbsp white vinegar
- ◇ 1/2 tsp baking soda
- ◇ 1/2 tsp veg. oil based liquid soap
- ◇ 2 cups of hot water

Oven Cleaner:

- ◇ 1/4 C Baking Soda
- ◇ 2 tbsp . Salt
- ◇ Hot Water as needed (paste)
- ◇ Let paste sit for 5 minutes

(Caution: Keep off of wires/heating elements)



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Mold & Mildew Remover:

Dissolve together:

- ◇ 1/2 C Vinegar
- ◇ 1/2 C Borax in warm water

(Apply with sponge or spray bottle)

Toilet Bowls:

Pour:

1/2 C Baking Soda into bowls and drizzle with Vinegar

*(Let sit for 1/2 hour .
Scrub and flush)*

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Drain Cleaner Recipes:

Mix:

- ◇ 1/2 C. Borax in drain
- ◇ 2 C. Boiling Water

OR

- ◇ 1/4 C. Baking Soda in drain
- ◇ 1/2 C. Vinegar

(Cover drain and let sit for 15 minutes, and follow with 1 qts boiling water)

Carpets & Rugs:

Sprinkle corn meal, baking soda or corn starch on dry rugs and vacuum.

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Use club soda or soap based rug shampoo.

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