



# Residue Free Cleaning Pantry, Tools and Recipes

[www.ewg.org](http://www.ewg.org)

**Environmental  
Working Group**

**Excellent Resource  
Site for finding safe  
cosmetics &  
household chemicals**

## Free your Dirt!

1. Remove the big dirt first Vacuum!
  2. Use the mildest cleaner
  3. Add a dash of hot water
  4. Let it sit and ponder for a while
  5. Agitate with a little **EG**
  6. Rinse and Dry
- EG– Elbow Grease!**

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## Classes & Coaching

Residue Free Living  
Green cleaning -  
the residue free way  
Clutter & Space Clearing

*Cleaning should be simple. Keep your products simple, they should have multi-purposes in your home. If you use products such as baking soda and lemons 5 different ways, you will never waste any products and they will always be in stock! Stock your pantry well: Save money, limit waste, be healthy!*

## Tools for every home

**A Great Vacuum!!** Best tool!!!

**Squeegees–** multi sizes  
*Floors, windows and showers*

**Microfibers & Towels**  
*Removes up to 99% germs  
Don't wash with fabric softener, dryer  
sheets or bleach  
Flour sack and T-shirts make great  
polishing and drying towels  
Terry cloth is excellent for cleaning*

**Brushes**  
*Nylon, natural hair, tooth, produce etc  
Different textures work on different  
soils and surfaces– have a selection*

**Bottles and Containers**  
*28 oz sprayers, 4 oz with flip tops*

**Labels**  
*Never create a product without a label!!  
Use paper, pen and clear packing tape*

**Hydrometer/ Relative humidity  
Monitor**  
*This inexpensive little tool is a must for  
all homes in the NW. Keep your home's  
humidity between 30-50%!*

**A note about tools.**  
*Invest in quality tools.  
Good tools in cleaning are just as  
important as a hammer in construction.*

**\*\* A note about Acids:** *Do not use acids on acid sensitive surfaces such as travertine, marble, onyx, limestone and grout. Also, do not mix acidic products with ammonia, or bleach!! When possible use neutral cleaners such as castile soap and baking powder.*

## A well stocked pantry

**Water–** neutral pH  
*Don't underestimate the power of  
H2O, a microfiber and elbow grease!*

**Dishwashing liquid–** neutral pH  
*non toxic, fragrance free, dye free  
Excellent cleaner– hugely flexible*

**Castile soap–** neutral pH  
*fragrance free  
Can be substituted for Dish liquid*

**Baking Soda–** slightly alkaline  
*Incredibly handy– huge*

**\*\*White Distilled Vinegar**  
*Don't mix with bleach, Acidic pH*

**\*\*Lemons**  
*Acidic pH*

**\*\*Hydrogen Peroxide**  
*Keep this product fresh (acidic pH)*

**Olive Oil**  
*Organic and cold pressed if used on  
skin/food*

**Coconut Oil**  
*Organic and virgin if used on  
skin/food*

**Natural scents**  
*You don't have to be free of scent.  
But you do want to have scents that  
nurture you not diminish you*

*Healthy cleaning starts with preventing as much soil, & damage as possible. Such as, the daily practice of rinsing and drying showers after each use or taking off shoes at the door. These little consistent practices will save you hours and hours of cleaning time and minimize the need for aggressive products and decrease your home's stress!!*

***Cleaning is the removal of...not the addition to. Always start with the mildest means and leave nothing behind!***



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## All Purpose Neutral Cleaner

28-32 oz spray bottle  
 2 cups hot water  
 4 tsp baking soda  
 1/2 tsp castile soap  
 12 drops Essential oils:  
 4 drops Rosemary  
 4 drops Lavender  
 4 drops Lemon

Mix together in 3-4 cup measuring container and then pour into spray bottle.

### Label all your products!!

Write the purpose and ingredients on paper  
 Stick on bottle with clear packing tape

## Microwave cleaner

1/2 the juice of 1/2 lemon  
 1 cup water  
 microwave safe container

Take everything out of microwave  
 Set lemon water mix on high for 3-4 minutes  
 Wipe down microwave  
 Towel dry completely!!

## Super simple face and body butter

There is no need to go farther than your pantry for some pampering body butter!!

4 parts coconut oil  
 1 part olive oil

Gently melt coconut oil in double boiler, take off heat. Add olive oil  
 Add essential oils: 7-20 drops or just keep it neat and clean  
 Store in glass jar with screw on lid- 4 oz canning jars work great!

**Essential oils:** Do your research first!! Be mindful of others!  
 We are all unique - honor our natural internal wisdom!!

*Re-teach your sense of smell with the essence of scent*

*Note: Some essential oils are photosensitizing and not recommended during pregnancy- be mindful of your oils- Think Less Is More!!!*

## 2 Ways with baking soda

**Oven cleaner:** Mix water and baking soda to create a thick paste. Put in oven and let sit for 8 hours- or over night.  
 Agitate with a dish cloth, scoop, rinse and dry

**Drain cleaner:** Mix one cup baking soda with 1 cup white distilled vinegar. Let sit and bubble for 5 minutes.  
 Rinse with hot boiling water. Cleans and deodorizes drains

*Note: always rinse well after using baking soda- may build up in drains if not.*

**Tip for concentrated cleaners:** Always put your water in your container *first*. If you add soap first, you will have bubbles in excess!!!

## Creamy soft scrub

1/2 cup baking soda  
 Enough liquid castile soap to make a frostlike consistency  
 5 drops Essential oil

From: Better Basics for the Home- Anne Berthold Bond

*Essential oil for happy cleaning:*

To calm cleaning nerves: Lavender  
 To lighten cleaning emotions: Lemon  
 To clear your cleaning thoughts:  
 Rosemary

## Furniture oil

2 parts olive oil  
 1 part lemon juice  
 Optional: 3 drops  
 Lemongrass essential oil  
 per oz

Shelf life: 1 week

## Less is More Lighten up:-)

## Dishwashing liquid

My grandma used to say:  
 "Don't waste a sink full of soapy water  
 make good use of it!!"

You can use diluted dishwashing cleaner for a huge portion of your home's cleaning. Always, dilute this cleaner and dry afterwards!!  
 Left behind this cleaner can actually attract soil.

Dilute: In sink, dip wash cloth in hot soapy water and then rinse out wash cloth. Use this to clean your walls, refrigerator, stove, window sills, light switches, showers, sinks etc.....

You can make this mix more concentrated for tough jobs- but if you do make sure to  
*rinse and then always, always dry*