



# INTRODUCTION

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Toxic chemicals lurk in thousands of products we use in our everyday life. Did you know that many cleaning, personal care, and beauty products have active ingredients that are harmful to your health?

These toxic ingredients can weaken your immune system and cause forms of cancer and asthma. You can avoid harmful products and protect your family's health and keep toxic chemicals out of your home!

This guide is full of healthy, affordable, and toxic-free tips to clean your home and treat your skin without the use of harsh chemicals. Let's get started!

Brought to you by Hacienda CDC and Oregon Environmental Council. We would also like to extend a big thank you to our community partners and sponsors for their knowledge and sponsorship. Without them, this would not be possible!



# TIP #1

## **Clean Without Bleach: Hydrogen Peroxide Kills Viruses Without Harmful Fumes**

You do not have to use bleach to kill germs and get surfaces really clean. The CDC has confirmed that Hydrogen peroxide kills viruses, including **COVID-19**.

**Bleach is harmful to human health and the environment.** Using bleach can make the air toxic and unsafe to breath. Bleach can also cause skin rashes, headaches, migraines, muscle weakness, abdominal discomfort, nausea and vomiting. **It is best to minimize the use of bleach** and practice bleach safety.



## **How to disinfect using hydrogen peroxide**

*(safe for stone/wood/granite)*

### **Hydrogen peroxide disinfectant ingredients:**

- Hydrogen Peroxide (3%)
- Spray Bottle
- Rag



### **Instructions:**

- Pour hydrogen peroxide into a spray bottle
- Spray directly onto the surface
- Wipe off

Source:  
<https://www.oregonmetro.gov/tools-living/healthy-home/green-cleaning/all-purpose-cleaners>

# TIP #2

## Choose A Better Soap: Castile Soap

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Castile soap is available anywhere you buy soap. It is biodegradable and made of plant and vegetable oils. It cleans by lifting off dirt and grime and cleans as well as any other soap. It can be used to wash away bacteria and viruses.

Castile soap is safe to use on your body (in the shower or bath). It can also be diluted with water and used to clean around your home including wood floors, tile, countertops, and other surfaces.



## How to make all-purpose cleaner with castile soap

### All-purpose cleaner ingredients:

- Castile Soap
- Water
- Essential Oil (Optional)



### Instructions:

- Pour 1/4 cup Castile Soap into a spray bottle
- Fill to the top with water
- Add 2-3 drops of essential oil (optional)
- Spray and wipe off with a damp cloth

Source: Dr. Bronner's label

# TIP #3

## Make Your Own Toilet Bowl Cleaner: Distilled White Vinegar + Baking Soda



**Vinegar:** White vinegar kills bacteria, removes mold/mildew and also kills some viruses like the flu. Note: it has not been shown to kill **COVID-19**. Although it does not clean all types of germs and viruses, neither do store-bought toilet cleaners. Vinegar is a great alternative to use to clean around your home. **Did you know you could use vinegar to clean produce?**

### Vinegar Cleaning tip:

- Avoid spraying vinegar to sensitive surfaces, such as wood or granite.
- It is recommended that you wipe metal surfaces with soap and water before you apply vinegar.
- Keep in mind that vinegar has a strong smell but it is not dangerous!

**Baking Soda:** Baking soda does not have disinfectant properties, but it is a natural deodorizer and a fine abrasive that has many cleaning properties. **Did you know you could use baking soda in your laundry?** Just add a cup of baking soda into your laundry loads to brighten whites.

## How to make toilet cleaner and vegetable wash

### Toilet bowl cleaner ingredients:

- White Distilled Vinegar
- Baking Soda

### Instructions:

- Pour 1 cup of white distilled vinegar into the toilet
- Add a handful of baking soda
- Leave for 10 minutes then swish with a toilet brush

Source: <https://www.oregonmetro.gov/tools-living/healthy-home/green-cleaning/toilet-bowl-cleaners>

### Fruit and vegetable wash ingredients:

- Spray bottle
- White Distilled Vinegar
- Water

### Instructions:

- Fill a spray bottle with 3 parts water and 1 part white vinegar
- Spray produce
- Rinse with tap water
- (You may also soak fruits and vegetables with inedible rinds like oranges, bananas, and avocados)

Source: [https://www.cooksillustrated.com/how\\_tos/5677-how-to-wash-produce](https://www.cooksillustrated.com/how_tos/5677-how-to-wash-produce)

# TIP #4

## **Make Your Own Personal Care Products: Coconut Oil + Honey**

### **Coconut oil:**

Coconut oil is not only good to cook with, it is a natural moisturizer that can be used on your hair and skin. You can rub coconut oil on your skin after a bath/shower or use it to condition and moisturize your hair.

### **Honey:**

Raw honey helps balance the bacteria on your skin, and has anti-inflammatory and antimicrobial properties, which makes it a great product to use for acne, eczema, and psoriasis.



## **How to make face scrub and face masks**

### **Honey and lemon face mask ingredients:**

- Plain Full-fat Greek Yogurt
- Honey
- Lemon (Optional)
- Blueberries (Optional)

### **Instructions:**

- Mix 2 tbsp of Greek Yogurt
- Add 1 to 2 tbsp of Honey
- Add in a squeeze of lemon (Optional)
- Add in a few blueberries (Optional)
- Apply to face and let sit for 10 to 15 minutes
- Remove with soft, damp washcloth

Source:  
<https://liveglam.com/honey-and-lemon-mask-diy/>

### **Coconut oil face scrub ingredients:**

- Brown sugar
- Coconut oil

### **Instructions:**

- Mix 1 cup granulated sugar, preferably brown raw crystals
- ½ cup coconut oil
- Essential oils of your preference (optional)
- 1 small wide-mouth glass mason jar or a small bowl
- Scrub your face and rinse

Source: Oregon Metro

# TIP #5

## **Watch Out For Harmful Chemicals**

### **Choose products with labels that say:**

- No dyes
- No fragrance
- No parabens
- No phthalate
- No sulfates sodium
- Sodium hypochlorite/bleach free



*Para mayor información, por favor visite:*

[HTTPS://OECONLINE.ORG/OUR-WORK/TOXIC-FREE-ENVIRONMENTS/ECO-HEALTHY-HOME-CHECKUP/](https://oeconline.org/our-work/toxic-free-environments/eco-healthy-home-checkup/)

[HTTPS://WWW.OREGONMETRO.GOV/TOOLS-LIVING/HEALTHY-HOME](https://www.oregonmetro.gov/tools-living/healthy-home)



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