



Springfield-Greene County
Health Department
Helping people live longer, healthier, happier lives

National Public Health Week 2008
“Climate Change: Our Health in the Balance”

Green Cleaning

With all the household cleaning that needs to be done on a daily basis, wouldn't it be wonderful to have a product that was safe for the family to have in the house, good for the earth, and easy on your pocket book? These products exist. They are lemons, vinegar, baking soda, and hydrogen peroxide.

They can be used for a variety of chores that include scrubbing soap scum off your tile in the shower to deodorizing the fridge. These homemade products also cut down on the waste resulting from the disposal of numerous cleansers.

The benefits of using these homemade cleaning products are many and broad:

- Less chemicals are entering our waterways
- Minimizes transportation cost as the demand for these products is lower
- Reduces harmful fumes from the multiple cleaners that are inhaled on a daily basis
- Reduces possibilities for accidental poisonings
- and of course, it is economical to make these cleaners and they are just as effective as the five dollar bottle of multi-purpose cleanser you bought last week to disinfect your countertops.

So, save the earth, save your health, and save money, and start doing it today.