

References

Clean House, Clean Planet

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*The Complete Book of Essential Oils
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Valerie Ann Worwood, New World Library, 1991.

*Better Basics for the Home: Simple Solutions for
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Annie Berthold-Bond, Clarkson Potter, 1999

*The Naturally Clean Home: 150 Super-Easy Herbal
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Karen Siegel Maier, Storey Publishing, 2008

Resources

Institute for Agriculture and Trade Policy

2105 1st Ave. S., Minneapolis, MN 55404

612-870-3424 | www.iatp.org

Restore the Earth Cleaning Products

79 13th Avenue NE, Minneapolis, MN 55413

612-331-5979 | laurie@restoreproducts.com

www.restoreproducts.com

Seventh Generation Cleaning Products

212 Battery St., Suite A, Burlington, VT 05401-

5281

802-658-3773 | www.seventhgeneration.com

Provided by your food co-op

FLORIDA

Ever'man Natural Foods

315 W. Garden St., Pensacola

New Leaf Market

1235 Apalachee Pkwy, Tallahassee

GEORGIA

Life Grocery & Cafe

1453 Roswell Rd., Marietta

Sevananda Natural Foods Market

467 Moreland Ave. N.E., Atlanta

KENTUCKY

Good Foods Market & Cafe

455-D Southland Dr., Lexington

MAINE

Blue Hill Co-op Community Market & Cafe

4 Ellsworth Rd., Blue Hill

Rising Tide Community Market

323 Main St., Damariscotta

MARYLAND

Silver Spring Co-op

8309 Grubb, Silver Spring

Takoma Park Co-op

201 Ethan Allen, Takoma Park

The Common Market

5728 Unit B-1 Buckeystown Pike, Frederick

MASSACHUSETTS

Berkshire Co-op Market

42 Bridge St., Great Barrington

Green Fields Market

144 Main St., Greenfield

Harvest Co-op Markets

581 Mass Ave., Cambridge

57 South St., Jamaica Plain

McCusker's Market

3 State St., Shelburne Falls

River Valley Market

330 North King St., Northampton

Wild Oats Co-op Market

320 Main St., Williamstown

NEW HAMPSHIRE

Concord Cooperative Market

24 South Main St., Concord

Hanover Co-op Food Store

45 South Park St., Hanover

Hanover Co-op Market

43 Lyme Rd., Hanover

Kearsarge Cooperative Grocer

152 Newport Rd., New London

Lebanon Co-op Food Store

12 Centerra Resource Park, Lebanon

NEW YORK

Abundance Cooperative Market

62 Marshall St., Rochester

Flatbush Food Cooperative

1415 Cortelyou Rd., Brooklyn

GreenStar Cooperative Market

215 N. Cayuga St., Ithaca

701 W. Buffalo St., Ithaca

Honest Weight Food Co-op, Inc.

484 Central Ave., Albany

Hungry Hollow Co-op

841 Chestnut Ridge Rd., Chestnut Ridge

Lexington Cooperative Market

807 Elmwood Ave., Buffalo

Syracuse Real Food Co-op

618 Kensington Rd., Syracuse

NORTH CAROLINA

Chatham Marketplace

480 Hillsboro St., Pittsboro

Deep Roots Market

3728 Spring Garden St., Greensboro

French Broad Food Co-op

90 Bitmore Ave., Asheville

Hendersonville

Community Co-op

715 Old Spartanburg Hwy.,
Hendersonville

Tidal Creek Cooperative

Food Market

5329 Oleander Dr., Ste. 100,
Wilmington

Weaver Street Market

101 E. Weaver St., Carrboro

716 Market St., Chapel Hill

228 South Churton St., Hillsborough

PENNSYLVANIA

East End Food Co-op

7516 Meade St., Pittsburgh

Weavers Way Co-op

559 Carpenter Ln., Philadelphia

2129 72nd Ave., Philadelphia

Whole Foods Cooperative

1341 West 26th St., Erie

TENNESSEE

Three Rivers Market

937 North Broadway, Knoxville

VERMONT

Brattleboro Food Co-op

2 Main St., Brattleboro

City Market/Onion River Co-op

82 S. Winooski Ave., Burlington

Hunger Mountain Co-op

623 Stone Cutters Way, Montpelier

Middlebury Natural

Foods Co-op

9 Washington St., Middlebury

Putney Food Co-op

8 Carol Brown Way, Putney

Springfield Food Co-op

335 River St. (Rt. 106), Springfield

Co-op Food Store

209 Maple St., White River Junction

Upper Valley Food Co-op

193 N. Main St., White River Junction

VIRGINIA

Roanoke Natural Foods Co-op

1319 Grandin Road S.W., Roanoke

ALL ABOUT

Natural Cleaners



www.strongertogether.coop

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12/10

co-opTM
stronger together

There are alternatives to toxic cleaning products

Some of the worst culprits contributing to environmental pollution are found right under our noses. Petroleum-based household cleaners can contribute to air and water pollution during manufacturing and disposal as well as in our homes. Consumers are sometimes concerned about potential environmental and health problems stemming from their use. There are alternatives to petroleum-based cleaners that are safer, cheaper and just as effective.

Vegetable-based detergents containing acetic or citric acids have been used successfully for centuries, and are based on renewable resources, can biodegrade quickly, and are gentle on the environment.

In addition, consider using safe concentrated cleaning products (usually you need a fraction of the amount you would with other products) and seek out bulk packaging that is environmentally sound and cost-effective.

The label reader's guide to toxic cleaning product ingredients

Ammonia is toxic when inhaled in concentrated vapors and is considered a hazardous waste. Ammonia is found in all-purpose cleaners, glass cleaners, laundry detergents and metal polishers. Chlorinated cleaners can be especially toxic. Some cleaners contain dioxin, a known carcinogen that can build up in the food chain, is stored in fat, and is believed to affect the endocrine system. Chlorinated materials are used in bleach, dishwasher detergent, and toilet bowl cleaners.

CLEAN AND GREEN HOME

With a minimum of effort, you can easily make your own cleaning products from inexpensive and common household ingredients. Essential oils are an optional addition to homemade cleaning products, and many of them, like lavender and tea tree oil, have antifungal, antibiotic and antibacterial qualities. Essential oils also help you make a naturally-scented cleaning product if you prefer to add their aroma to your household environment.

Alice's Wonder Spray™

Use this recipe for sink, tub, toilet, tile and floors.

1/4 cup white vinegar
2 teaspoons borax
32 ounces hot water
1/4 cup liquid dish soap (added last)
20 drops essential oil (optional)

Dissolve borax in hot water (otherwise the spray will be grainy). Add vinegar, borax and water to a 32-ounce spray bottle. Add the liquid dish soap and essential oil if desired. Shake ingredients to mix.

Scouring Powder

1 cup baking soda
1/4 cup borax
drops of essential oil of your choice (optional)

Mix baking soda and borax together in a bowl or plastic tub with optional essential oil. You can also put the powder in a shaker and shake onto the surface to be cleaned.

Drains

For slow drains, pour one cup each of baking soda, salt and vinegar down the drain. Wait 15 minutes and flush drain with boiling water. Pour boiling water down the drain every two weeks to prevent build up.

Glass Cleaner

Add 1/4 cup of vinegar to one quart warm water in a spray bottle. Spray windows, rub with a clean rag and dry with newspapers.

Your local co-op carries some or all of these pre-made, quality cleaning products. They are made with nontoxic and biodegradable ingredients, and not tested on animals. Some brands offer a wide range of cleaners for the laundry, kitchen and bath.

Ecover

Dr. Bronner's

Citra-Solv

Bi-O-Kleen

Seventh Generation

Earth Friendly

Country Save

Lifetree

Glycol ether is a central nervous system depressant and can poison the kidney or liver. It is often found in all-purpose cleaners and some laundry detergents.

Oxalic acid is caustic and corrosive to skin and mucous membranes. It is commonly added to cleanser, toilet bowl cleaners and metal polishers.

Petroleum-based detergents contain neurotoxins and central nervous system depressants. Exotic-sounding chemicals like nonyl phenol and alkyl phenol ethoxylates (APEs) are found in detergents, furniture polish, cosmetics and household cleaners, and contain environmental impurities that contribute to pollution.

Phosphates are added to dishwashing and laundry detergents because it acts as a water softener. Phosphates are released into the environment through waste water, and are not removed by sewage treatment systems. Phosphates can cause algae overgrowth and suffocation of aquatic life.

Sodium Hydroxide or Lye is in most oven cleaners. It is a corrosive poison and hazardous waste.