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Day 22: Greenest

All Natural All-Purpose Cleaner

The first stage of this project was to do some research on all natural ingredients for cleaning supplies. There were many stand-out ingredients that appeared in many recipes, like baking soda, vinegar and castile soap. These were base ingredients that made up the core of many of the cleaner recipes. I then found some recipes for an all-purpose cleaner made of common household items I already owned, and proceeded to make my own!

I collected all of my ingredients (recipe is down below) and began the process. First, I measured out $\frac{1}{2}$ a cup of white vinegar and added that to my spray bottle. I then measured out 2 tablespoons of baking soda to add to the vinegar. I was given the option in the recipe to choose 10 drops total of tea tree, lavender, and lemon essential oils which all have disinfectant properties. I decided on 4 drops of lavender, 3 drops of tea tree, and 3 drops of lemon. I added a little bit of water just to dilute the mixture a little bit, closed the spray bottle, and shook the mixture to combine all of the ingredients together. I then added water until it reached the top of the 12 oz bottle, shook it again, and with that the cleaner was complete!

I used with a rag this to wipe down my kitchen countertop, the glass windows in my room and the desk where I study. Surprisingly, it worked just as well as my conventional

cleaners! It smells intensely as typical cleaners do, but the difference is that the vinegar smell was familiar and bearable whereas typical cleaners smell very strongly of unknown chemicals that are hazardous to one's health. The essential oils smelled great and helped with masking the scent of the vinegar. It was nice knowing that there would be no negative health consequences of smelling vinegar, baking soda, or essential oils, and no environmental consequences of using these materials as opposed to cleaners packed with chemicals! My family and I as well as the surrounding ecosystems were spared from the detrimental effects of typical chemical cleaners. We didn't contribute to the pollution of freshwater with cleaner chemicals, which helps not only us humans who depend on this water but the ecosystems who rely on it as well!



Recipe:

- ▶ ½ cup of white vinegar
- ▶ 2 tbsp baking soda
- ▶ 10 drops tea tree, lavender, or lemon essential oil for their disinfectant properties (I chose to use all three!)
- ▶ Small amount of water, to mix ingredients together
- ▶ Large amount of water *after* mixing, to fill the rest of the bottle up to the top!

You will also need:

- ▶ An empty 12 oz spray bottle

