

Natural Cleaning Checklist

By Lauren Meir

- Baking Soda
 - Scrub surfaces like kitchen and bathroom ;counters, sinks, and faucets- Works just as well as more abrasive scrubs.
 - Mix with a little water and you have a baking soda paste for getting rid of grime.
 - Use it as a deodorizer Store it in the fridge to keep perishables fresh. Pour some in the hamper or trash bag, and odors will ;disappear.
- Club Soda
 - Use it to shine up stainless-steel appliances ;Moisten a rag with club soda and buff, then wipe it dry with a clean cloth.
- Cornstarch
 - Get rid of carpet grease stains in a cinch Put cornstarch on the stain, let sit for 15-30 minutes, and vacuum.
- Glycerin
 - Remove dried candle -wax easily Peel away as much wax as possible, then dampen a cotton ball with glycerin and rub the rest away.
- Hydrogen Peroxide
 - Make computer keyboard ;cleaning a snap. Dip a q-tip into Hydrogen Peroxide and disinfect as you clean between the keys
- Ketchup
 - Clear tarnish from copper pots and pans Dab some ketchup on a clean cloth and rub it on tarnished cookware. Copper color should return in minutes! Rinse cookware in warm water and towel dry.
- Kool-Aid
 - Pour this non-toxic kid-friendly ;drink in your toilet bowl and scrub for a safe (and great-smelling!) cleaning alternative.
- Lemons and Lemon Juice
 - Use it to dissolve soap scum and hard water ;deposits ;from bathroom and kitchen fixtures.
 - Shine brass and copper cookware, appliances, and decorative items.
 - Sprinkle baking soda on a cut lemon and use it to scrub stains and extra dirty dishes.
 - Toss a lemon in the garbage disposal to remove odors and give your kitchen a fresh, lemony scent.
- Milk

- Combine 2 parts milk with 1 part white vinegar for an ;surprisingly ;potent stain remover** Put stained clothing in the solution and let soak overnight before washing.
- Oatmeal**
 - Get rid of extra-tough grime on hands by mixing oatmeal with a little water and using the paste like soap.
- Olive Oil**
 - Mix with lemon juice for a natural furniture polish.
- Rubbing Alcohol**
 - Erase permanent ink stains from wood floors and countertops Just dab a cottonball in rubbing alcohol and rub until clean.
- Vinegar**
 - Use it as an all-purpose cleaner** Mix equal parts vinegar and water to clean and ;disinfect ;counters, sinks, appliances and most surfaces.
 - Mop the floor with the vinegar solution; use it to clean the toilet, shower, and sink.
- White Bread**
 - Dust precious objects naturally** Use a slice of white bread to gently remove the dirt and grime on oil paintings and other fragile items.