



# CLEANING HOUSE: THE NATURAL SOLUTIONS INSTRUCTION MANUAL

# THE WAY WE SEE GREEN



## AIR QUALITY

WE ALL DESERVE TO BREATHE EASY AND SAFEGUARD OUR WELLBEING.

- NON-TOXIC, NON-ALLERGENIC
- NO OR VERY LOW VOCs
- NO RADIOACTIVE CONTAMINANTS
- NO PARTICULATES
- NO COMBUSTION GASSES
- MOLD FIGHTER
- OXYGEN MAKER
- SOUND INSULATOR



## CONSERVATION

SMART CHOICES CAN PROTECT NATURAL RESOURCES WITHOUT COMPROMISING LIFESTYLE.

- RECYCLED, RECLAIMED, REUSED
- RAPIDLY RENEWABLE
- PROTECTED/ STEWARDED
- DURABLE
- WATER SAVER
- WASTE REDUCER



## RESPONSIBILITY

HOW AND WHERE PRODUCTS ARE MADE AFFECTS US ALL.

- RESPONSIBLE MANUFACTURING
- DEVELOPMENT OF GREEN JOBS
- ENVIRONMENTAL & WORKER PROTECTION
- TRUTHFUL MARKETING
- SOUND INSULATOR



## ENERGY

AN ENERGY-EFFICIENT HOME IS COMFORTABLE AND AFFORDABLE LONG-TERM.

- ENERGY-CONSERVING DESIGN
- PASSIVE ENERGY SOURCE
- LOCAL



## LOCAL

LOCAL RESOURCES CONSERVE ENERGY AND SUSTAIN THE LOCAL ECONOMY.

- LOW CARBON FOOTPRINT
- LOCAL BUSINESS STIMULANT



**Green Depot is committed to building a better planet, one home at a time.** Our goal is to give you the tools to live in a practical, well-designed space that does not compromise your health or the environment. Everything we sell undergoes a rigorous screening process by our in-house team to ensure it meets our green specifications and carefully established standards for quality, efficiency, functionality, design and innovation. It all works beautifully and looks just as good.

In addition to unique and groundbreaking products, Green Depot offers our version of many household basics. The Natural Cleaning Solutions Kit is a perfect example of the way we get the job done. Using time-honored classics of the domestic landscape—baking soda, white vinegar and hydrogen peroxide—we've created a toxin-free, environmentally friendly workhorse that tackles the dusty, the rusty, the musty and even the downright filthy. Armed with these fragrance-free, cost-effective ingredients, a few essential accessories and the many recipes contained in this booklet, you can achieve the safe, sparkling and sweet-smelling home we all deserve.

“LET EVERYONE SWEEP IN FRONT OF HIS OWN

DOOR AND THE WHOLE WORLD WILL BE CLEAN.”

–Goethe

# BASIC

## PRIMER ON GREEN

# INGREDIENTS

### BAKING SODA

» Also known as sodium bicarbonate or sodium hydrogen carbonate, baking soda is a component of the mineral natron and, in its natural state, is found dissolved in mineral springs. This chemical salt—a white crystalline solid that often appears as a fine powder—has been known as a cleansing agent for millennia. (The ancient Egyptians used it for soap!) Its name comes from its modern incarnation as a leavening agent when, in combination with a liquid and an acid, it releases carbon dioxide bubbles that cause dough to rise. Baking soda is weakly alkaline so it also neutralizes acids and breaks down proteins. It is this property that acts on acidic scent molecules and makes it a highly effective deodorizer. Because of its finely gritty texture, baking soda is an excellent gently abrasive cleaner. It is safe for nearly every household surface and is a paragon of versatility in the arsenal of natural cleaning solutions.

### HYDROGEN PEROXIDE

» Discovered in 1818 by Louis Jacques Thénard, hydrogen peroxide has been used as a bleaching agent, anti-microbial disinfectant and rocket propellant (don't ask). Essentially a water molecule fused with an additional oxygen atom, hydrogen peroxide releases its extra oxygen when exposed to heat, light or organic material, thus producing pure water and oxygen. Generally available over the counter in a diluted 3-10% solution, it comes in a brown bottle that helps prevent its exposure to light and keeps it from deteriorating. Hydrogen peroxide is excellent as a mild laundry bleach, for sanitizing high-traffic areas and even as a support to plants.

### DISTILLED WHITE VINEGAR

» The word vinegar comes from “vinaigre,” French for “sour wine.” It is a liquid processed from the fermentation of ethanol in a process that yields its key ingredient, acetic acid. White vinegar can be made by oxidizing distilled alcohol or with a solution of acetic acid and salt in water. Undoubtedly discovered thousands of years ago after a cask of wine had gone bad, vinegar was used by the Babylonians to preserve food, as a beverage in ancient Rome (Helen of Troy supposedly bathed in it) and as a cure for scurvy during the American Civil War. Environmentally friendly and free from harmful toxins, vinegar's many uses extend from eliminating soap scum and restoring shine to removing lime deposits and wine stains.

REUSABLE GLASS  
OR PLASTIC BOTTLES ARE THE  
IDEAL CONTAINERS  
FOR MIXING YOUR OWN  
CLEANING  
SOLUTIONS

PLEASE FOLLOW OUR INSTRUCTION CAREFULLY AS INTEGRATING NON-SPECIFIED INGREDIENTS COULD PRODUCE POTENTIALLY TOXIC RESULTS. WHENEVER USING NEW CLEANERS, BE SURE TO TEST THEM ON A SMALL, INCONSPICUOUS AREA FIRST TO VERIFY RESULTS.

# KITCHEN

## ALL-PURPOSE CLEANER/DISINFECTANT

To freshen, clean and disinfect countertops, cutting boards, refrigerators and fixtures:

- Sprinkle baking soda on surface and wipe with damp sponge. Wipe or rinse surface with a 50-50 solution of distilled white vinegar and water.
- Fill a spray bottle with a 50-50 solution of hydrogen peroxide and water, mist onto any surface and wipe off.
- For tougher stains, pour a small amount of undiluted hydrogen peroxide on a clean damp cloth, rub vigorously into stain and rinse. Do not allow hydrogen peroxide to remain on the surface for prolonged periods or bleaching effect may occur.

## REFRIGERATOR DEODORIZER

- Place open containers of baking soda in your refrigerator and freezer to absorb odors. Stir and turn over the soda from time to time. Replace every 2 months.

## FOOD SANITIZER

- Pour 1/4 cup hydrogen peroxide into a sink filled with cold water. Submerge fruits and vegetables and wash them well. Rinse each piece with fresh water and dry.

## MICROWAVE CLEANER/DEODORIZER

- Combine 1/4 cup distilled white vinegar mixed with 1 cup water in a microwave-safe container and bring to the boil. Wipe away baked-on stains.
- Dissolve 2 tablespoons baking soda in 1 cup water in a microwave-safe container and bring to the boil. Allow to sit for two minutes, then wipe away baked-on stains.

## OVEN CLEANER/DEODORIZER

- Mix a paste of baking soda and water. With a sponge, spread the paste over the inside of your oven (excluding the element of an electric stove). Wait at least 3 hours, then scrub clean.

**BURNED-ON FOOD REMOVER**

- For a pan with burned-on food, apply a thick layer of baking soda and sprinkle sufficient water to moisten it. Let the pot sit overnight before scrubbing clean.

**FIRE EXTINGUISHER**

- Baking soda is highly effective against grease or electrical fires, so keep a box within reach of your stove. Scatter the powder by the generous handful to safely smother these types of fires. Do not use baking soda on fires of wood, paper or cloth as it will only serve to scatter the burning material.

**STAINED POT CLEANER**

- Fill pot with a solution of 3 tablespoons of vinegar per pint of water. Boil until stain loosens and can be washed away. Alternately, fill with vinegar and let stand for 30 minutes before rinsing in hot, soapy water.

**DRAIN UNCLOGGER**

- If your drain is clogged but the water hasn't yet backed up, pour 1 cup of baking soda down it, followed by 3 cups of boiling water. Repeat a few times until the drain is clear.
- To promote a more vigorous fizzing action, follow 1 cup of baking soda with 1 cup of distilled white vinegar. Allow the solution to bubble for several minutes, then run hot water down the drain.

**GARBAGE DISPOSAL CLEANER/DISINFECTANT**

- Combine 1 cup of vinegar and enough water to fill an ice tray vinegar. Once frozen solid, feed the cubes down the disposal. After grinding, run cold water for a full minute.

**DISHES & GLASSES CLEANER**

- Add a cup of vinegar to a sinkful of warm water. Gently dip glassware or china in the solution and let air dry. To remove coffee and tea stains from chinaware, apply a paste of vinegar and table salt and rub gently with a clean cloth.
- Add a minimum of 2 ounces of hydrogen peroxide to your regular dish soap to sanitize dishes.
- For cloudy glassware, soak a clean cloth in distilled white vinegar and wrap around and inside the glass. Let sit before rinsing clean.

**DISHWASHER CLEANER**

- To reduce soap build-up on inner mechanisms, pour 1-2 cups distilled white vinegar in the bottom of dishwasher, along with regular dishwasher soap. Process through full cycle.

**COFFEE POT/MAKER CLEANER**

- Wash glass or stainless steel coffee pots (but not aluminum) in a solution of 3 tablespoons baking soda to 1 quart water.
- Distilled white vinegar can help to dissolve the mineral deposits from hard water that collect in automatic drip coffee makers. Fill the reservoir with vinegar and run it through the brewing cycle. Rinse thoroughly with water when finished. (Always check owner's manual for specific instructions.)

# LAUNDRY

## STAIN REMOVER

- Pre-treat stains prior to washing by working a paste of baking soda and water paste into the fabric.
- Remove stains by sponging distilled white vinegar directly onto the spot and gently rubbing. Clean according to the directions on the manufacturer's care tag. (Most effective when stain is treated within 24 hours.)
- Scorch marks can be removed or diminished by lightly rubbing distilled white vinegar on the spot. Wipe with a clean cloth.
- Blood stains should be soaked immediately in a mixture of hydrogen peroxide and cold water until the stain fades. Then rinse with cold water. Repeat if necessary.

## BRIGHTENER/FRESHENER/SOFTENER

- 1 cup of hydrogen peroxide poured into a washer load of white laundry will whiten clothes. Never pour directly on clothes as it can have a bleaching effect.
- Pour 1/2 cup of baking soda into a washer load of laundry for brighter, fresher-smelling clothes. May be used in conjunction with bleach.
- Add 1 cup of distilled white vinegar during the rinse cycle to naturally break down uric acid and soapy residue on clothes, leaving them soft, fresh and static-free.
- Add 2 cups of white distilled vinegar to the rinse cycle and watch cotton and wool blankets become soft, fluffy and odor-free.

**CLOTHING ODOR REMOVER**

- Add 1 cup of vinegar to a bathtub of very hot water. Hang clothes above tub to steam out pungent and unpleasant odors.

**LINT REMOVER**

- Add ½-1 cup of distilled white vinegar to the rinse cycle to prevent lint from clinging to clothes.

**SUEDE CLEANER**

- Dip a toothbrush in distilled white vinegar and gently brush over grease spots to effectively remove marks or stains.

**HOLE REMOVER**

- To diminish the unsightly holes left in fabric after a hem or seam is removed, moisten a clean cloth with distilled white vinegar, place it under the area in question and go over it with a warm iron.

**STEAM IRON UNCLOGGER**

- Pour equal amounts distilled white vinegar and water into the iron's water chamber and leave the steam function on for 5 minutes (iron should be upright). Unplug, allow to cool, then empty water along with any loose particles.

# BATHROOM

**CLEANER/DISINFECTANT**

- Remove soap build-up and stains from chrome and plastic fixtures by scrubbing with a paste made from 1 teaspoon salt and 2 tablespoons of distilled vinegar. Soak shower curtains in a mixture of water and baking soda to remove dirt and mildew.
- Spray down the shower area with a mixture of equal parts water and hydrogen peroxide to kill odor-causing bacteria.
- Remove stubborn stains from toilet bowl by spraying with distilled white vinegar and brushing vigorously.
- To deodorize toilet, pour 3 cups of vinegar directly into the bowl. Allow to sit for half an hour before flushing.

**SHOWERHEAD UNCLOGGER**

- Soak showerheads or faucets overnight in a 50-50 mixture of distilled white vinegar and water. You can also saturate a clean towel in vinegar and wrap it around the fixture.



# AMBIENT

- Regulate humidity (in cupboards, under sinks) by placing an uncovered bowl of baking soda in the vicinity. Stir occasionally to maximize longterm effect.
- Sprinkle baking soda into vacuum bag to help reduce spread of odors throughout the house.
- You can also sprinkle baking soda directly on rugs and carpets before vacuuming as a deodorizing treatment. (Not recommended for extremely humid areas.)
- Cover the bottom of the kitty litter box with 1 part soda before covering with 3 parts kitty litter.
- Freshen your fireplace and remove soot odors by cleaning out ashes and placing a bowl of baking soda in the fireplace.
- Eliminate odors from your garbage can by sprinkling a thin layer of baking soda into the empty can and swilling with clean water. Pour this out, leave to dry and then add more baking soda to leave underneath the fresh bag.
- Remove musty odors from books by sprinkling baking soda between the pages. Leave on overnight before shaking out.
- Get rid of smoke smells by placing a bowl of vinegar in the room for 8 hours.
- To eliminate disagreeable kitchen smells, simmer a small pot of vinegar and water solution on the stove.

# GENERAL HOUSEHOLD

## WALLS

- Remove crayon or stains on walls with a paste made from baking soda and water. Apply with an old toothbrush and lightly brush the affected area.
- To fill in nail holes in a plastered wall, mix a paste from white toothpaste and baking soda. Fill the holes in completely and allow the mixture to dry before gently sanding smooth.
- Remove decals by repeatedly sponging them with distilled white vinegar soak for several minutes before trying to peel them off. Repeat if necessary.
- Clean wood paneling with a mixture of 1 ounce olive oil and 2 ounces distilled white vinegar in 1 quart of warm water. Moisten a soft cloth with the solution and clean the paneling before wiping with a dry cloth.

## FLOORS

- Remove non-oil-based carpet stains with a mixture of 1 teaspoon liquid detergent and 1 teaspoon distilled white vinegar in a pint of lukewarm water. Apply mixture to the stain with a soft brush or towel and gently rub. Rinse with a towel moistened with clean water and blot dry. Repeat this procedure until the stain is gone and then quickly dry, using a fan or hair dryer. This should be done before the stain has a chance to set.
- Refresh the colors in carpets and rugs by brushing with a mixture of 1 cup vinegar in 1 gallon of water.
- Wash no-wax floors with a mixture of ½ cup distilled white vinegar per half-gallon of warm water.
- Water stains on wood floors can be removed with a sponge dampened in a solution of baking soda dissolved in water.
- Soak a smelly mop in a mixture of 4 tablespoons baking soda per 1 gallon of water.
- Pour baking soda to soak up grease and oil spills on your garage floor and then scrape off.

### WINDOWS

- For streakless windows, wash with a mixture of equal parts distilled white vinegar and warm water. Dry with a soft cloth.
- Remove the wax residue left by commercial window cleaners with a solution of 2 cups water, 1 cup white distilled vinegar and 1 teaspoon of liquid soap or detergent.
- Clean window blinds with a 50-50 solution of distilled white vinegar and water. Put on a white cotton glove, dip your fingers in the solution and slide them across each blind, with fingers on both sides of the slats. Keep a bucket of clean water on handy to rinse off your glove.

### MARBLE CLEANER

- Wash marble-topped furniture with a solution of 3 tablespoons of baking soda dissolved in 1 quart of warm water. Let stand before rinsing clean.

### HOUSEPLANT HELPER

- To nurture and support plants, spray them with a mixture of 1 ounce hydrogen peroxide per 1 cup of water. Plants will grow greener and more lush and be less prone to root rot.

### RADIATOR CLEANER

- Turn the thermostat down. Unscrew the air vent, soak it in distilled white vinegar and then turn the thermostat all the way up. After a few minutes, you'll hear a hissing sound followed by small spurt of water. Then steam will emerge from the hole. Turn off the radiator valve and replace the vent. It should be straight and easily tightened by hand, without the use of a wrench.

### ELECTRONICS CLEANER

- Turn off all the electronic components. Dampen a clean cloth with a 50-50 mixture of distilled white vinegar and water. (Never let water drip directly into keyboard or computer.) Wipe all the accessible surfaces. Use cotton swabs around hard-to-reach areas, including individual keys of the keyboard.

### FIREPLACE CLEANER

- Wash out fireplaces and clean blackened soot from glass-front doors with a 50-50 solution of distilled white vinegar and water. If possible, remove the doors and lay them flat on newspapers. Spray with vinegar/water solution and wipe off with newspaper.

### ANIMAL DETERRENT

- Spray a 50-50 mixture of distilled white vinegar and water on furniture to stop the cat from scratching it.
- Discourage ants by spraying undiluted distilled white vinegar outside doorways and windowsills, around appliances and wherever pests have access.

### MISCELLANEOUS STAINS

- Remove stubborn rings from water or alcohol left on wood by rubbing with a 50-50 mixture of distilled white vinegar and olive oil. Rub with the grain for best results.
- Remove lime stains by rubbing with a clean cloth moistened with a small amount of distilled white vinegar. (Be sure to test a small area first in case of discoloration.)

### METALS

- Soak tools and any other metals overnight in undiluted distilled white vinegar to dissolve rust. Scrub clean and dry well.
- Clean brass with a paste made of baking soda and lemon juice. Apply and leave on for a minute before rinsing well.
- To polish silver pieces without raised patterns or cemented-on handles, place the silver on a piece of aluminum foil in an enamel pot. Add boiling water and 4 tablespoons baking soda. Let stand, then rinse and dry.
- Silver may also be polished with dry baking soda applied with a damp cloth. Rub gently, then rinse and dry.
- Enhance the shine of stainless steel and chrome by rubbing with dry baking soda applied with a moist cloth. Rinse and dry. On stainless steel, always scrub with the grain.
- Polish brass, copper and pewter with a mixture of 1 teaspoon salt dissolved in 1 cup distilled white vinegar. This mixture can also be made into a paste with the addition of flour. Apply either one and let it stand for approximately 15 minutes. Rinse with clean, warm water and polish until dry.

NOTES

---

---

---

---

---

---

---

---

---

---

**OUR COUNTRY IS ROOTED IN INNOVATION—FLASHES OF BRILLIANCE AND THE DOGGED PERSEVERANCE THAT BRINGS THEM TO LIFE. FROM BEN FRANKLIN'S KITE-&-KEY EXPERIMENT TO GEORGE WASHINGTON CARVER'S INGENUITY WITH THE PEANUT, WE'VE ALWAYS TAKEN WHAT'S FAMILIAR AND ACCESSIBLE AND TRANSFORMED IT INTO THE NEXT WAVE. SOUND JUDGMENTS AND SIMPLE TRUTHS ARE A WONDERFUL LEGACY UPON WHICH GREEN DEPOT CAN CONTINUE TO BUILD. JOIN US AS WE FOLLOW OUR COMMON SENSE, TRUST OUR INSTINCTS AND EMPOWER PEOPLE TO CREATE A BRIGHT, SHINING FUTURE FROM THE GROUND UP.**

