



HEALTHY ROOTS FOUNDATION

PRESENTS

CLEANUP TIME: SAFER SUDS & A GREENER CLEAN

OBJECTIVES:

1. Non-Toxic Product Alternatives: Children will create their own cleaning product using basic household ingredients.

2. Reduce, Reuse, Recycle: Children will learn the value of reducing and reusing materials to reduce waste.

GOLDEN RULE TO REMEMBER:

Water is the universal solvent. Many jobs can be done with H₂O alone. *Source: healthychild.org*

MATERIALS NEEDED:

All-Purpose Cleaner

- Spray Bottle
- Water
- Castile Soap
- Distilled White Vinegar
- Microfiber Cloth or Rag



INSTRUCTIONS:

1. Using your own spray bottle, pour in 3 cups water.
2. Mix in 1 tablespoon Castile soap.
3. Add 1 cup of vinegar.
4. Mix all ingredients well.
5. Use microfiber cloth or rag to clean!

For this and other clean recipes, go to:
<http://greenliving.nationalgeographic.com/natural-homemade-house-cleaner-2672.html>

PARENTS

Cleaning with nontoxic ingredients is one of the easiest and most important things you can do for your family's health. It's also cost effective too! *(See more on the back)*

WHY ALTERNATIVE CLEANERS?

Many chemicals used in conventional cleaning products are linked to negative health impacts. And, oftentimes, what's in them ends up in you. Fortunately, there are many safer alternatives.

Source: healthychild.org

WHAT IS CASTILE SOAP?

In earlier centuries, an all-vegetable based soap was made in the Castile region of Spain from local olive oil. By the turn of this century, "Castile" had come to mean any vegetable oil-based soap, versus animal (tallow) fat-based soap. "Pure-Castile" is now also your guarantee that what you are using is a real ecological and simple soap, not a complex blend of detergents.

Source: drbronner.com

CLEAN UP TIME EXTENSION

Adding a song to an activity not only makes the work more fun and faster, but uses yet another sensory organ to the project.

The Kindermusik program develops curriculum that uses songs and dance to accompany the tasks you and your child will undertake during the day.

The song, In My House, v. 2, encourages children to cleanup and ‘dust, dust, dust’. Change the words to match your activity!

“Oh in my house, I help clean up with a spray, spray, spray, spray all day.

I spray, spray, spray and wipe, wipe, wipe to clean the dirt away.”

Download the song at play.kindermusik.com, go to the search feature on the right hand side, and type “In My House” and a few selections will appear. There is a \$1 fee.

KEEP LEARNING!!!

Healthy Child Healthy World

By Christopher Gavigan (<http://healthychild.org>)

Household Product Database

www.householdproducts.nlm.nih.gov/

Consumer Reports Eco-label Guide

www.greenerchoices.org/eco-labels/

Real Simple: 66 All-Natural Cleaning Solutions

By Nicole Sforza

<http://www.realsimple.com/home-organizing/cleaning/index.html>

YOUR UNDER-SINK MAKEOVER

Compare the contents of a cabinet full of conventional cleansers with the greener, healthier cabinet. One-quarter the price, half the volume, twice the peace of mind.

OLD CABINET	HEALTHY CABINET
All-purpose cleaner	All-purpose non toxic cleaner
Bleach	
Carpet cleaner	Baking soda
Dishwasher detergent	Borax
Deodorizer	Castile soap
Disinfecting wipes	Dishwashing detergent (non-toxic)
Drain cleaner	
Floor mopping detergent	Distilled white vinegar
	Essential oils
Floor wax	Hydrogen peroxide
Furniture polish	Liquid dishwashing soap (natural)
Glass cleaner	
Grout cleaner	Vegetable oil-based mopping liquid
Liquid dishwashing soap	
Metal cleaner	
Oven cleaner	
Scouring cleanser	
Silver polish	
Soap scum remover	
Stain stick/remover	
Tile cleaner	
Toilet Cleaner	
TOTAL: AROUND \$100	TOTAL: AROUND \$25

Source: healthychild.org