

Lesson 3: Eco Friendly Chores

LEARN HOW TO BE A CLEAN GREEN MACHINE

REASONS TO CLEAN GREEN

- Avoid chemicals that are harmful to humans and the environment (e.g., ammonia, chlorine, phosphate), contained in many common household cleaning products
- Fewer allergens than traditional cleaners
- Kinder on sensitive places like your skin, children and pets



GREEN AT HOME

- 1/2 Vinegar + 1/2 Water - great base for general cleaning and bacteria, add lavender or citrus for scent
- Lemons - cuts through grease, also acts as a disinfectant
- Olive Oil - polish your wood!
- Baking Soda - add water and scrub greasy kitchens or mildewed bathrooms, also keeps fridges fresh
- 1/2 Hydrogen Peroxide + 1/2 Water - cleans and disinfects multiple surfaces



TYPES OF ECO CHORES

- Cleaning Clothes - consider using an old t-shirt or old clothes that are not being used
- Laundry - wait until you have a full load and hang clothes to dry
- Drains - keep kitchen drains clear with hot water once a week, if it gets clogged, try a plunger instead of harmful chemicals



FAMILY GREENING

- Set weekly goals for your family to implement a new green cleaning technique into your shared chores
- Start replacing cleaning products with eco-friendly alternatives, properly dispose of the old ones
- Consider making your own cleaning products at home
- Ensure air filters are regularly changed, this will improve air quality and will save energy

