

- 
- Includes**
- Checklists
  - Organiser
  - 12 DIY recipes & Labels!

**A Comprehensive Guide to  
Green Cleaning: Transform Your  
Home with Sustainable Cleaning  
Practices**





## Introduction and Understanding Green Cleaning

Traditional cleaning practices often involve the use of harsh chemicals that can be harmful to both our health and the environment. This guide aims to empower you to adopt green cleaning practices, fostering a healthier home and contributing to the health of the planet. It's all about experimenting and feeling empowered to do so. What works for you, may be really different to what works for someone else - and that's ok. Our homes and our bodies are all different.

But green cleaning is more than just a trend; it's a commitment to using products and practices that are environmentally friendly. Everyone's journey may look different too. In our home it began as going low waste which evolved into DIY'ing and researching ingredients, which evolved into going low tox. But the key principles include the use of eco-friendly products, reusing and recycling where possible, reducing waste & packaging, and conserving water & energy.

Making the shift to green cleaning not only benefits the environment but also contributes to improved indoor air quality and overall well-being.

## Essential Green Cleaning Supplies

To embark on your green cleaning journey, it's essential to familiarize yourself with eco-friendly alternatives. Consider using common household items like baking soda, vinegar, lemon, and essential oils to create effective DIY cleaning solutions.

Additionally, you can invest in sustainable cleaning tools such as microfiber cloths, reusable mop pads, and eco-friendly scrub brushes.

There may be times where you need to switch up the ingredients, products and/or tools used for different surfaces which need to be cleaned. For example granite and marble are very different to standard kitchen worktop.





## Essential Green Cleaning Supplies ✓ Checklist

- ☐ Bicarbonate of soda (p)
- ☐ Soda crystals (p)
- ☐ Percarbonate of soda
- ☐ Citric acid
- ☐ Borax
- ☐ White vinegar (p)
- ☐ Organic and unscented castile soap (p)
- ☐ Lemon (p)
- ☐ Essential oils (p)
- ☐ Fine pink Himalayan salt (p)
- ☐ Epsom salts
- ☐ On Guard cleaner concentrate (p)
- ☐ Cooled boiled water (p)
- ☐ Reusable cloths (p)
- ☐ Reusable mop pads
- ☐ Eco-friendly scrub brushes
- ☐ Trigger spray bottle (p)
- ☐ Foaming pump bottle (p)

The above checklist provides multiple options which you may feel called to explore. Those which hold more benefit for beginners are indicated with (p).





## Creating a Green Cleaning Routine

Remember; what works for one, may not work for all, so finding your routine is working out what is the best fit for YOU. Whether that be splitting different tasks across the days of the week or month, or doing it room by room.

For example, adopting a room-by-room approach to green cleaning ensures a thorough process. In the kitchen, you can explore alternatives for dishwashing, non-toxic oven and stove cleaning, and eco-friendly countertop cleaners. In bathrooms, you may discover green alternatives for toilet bowl and shower cleaning, natural tile and grout cleaners, and environmentally friendly air fresheners.

But over time and once you've found your feet, you may find that all the hoovering and floor mopping can be done on Tuesdays, but the sinks, bath tub and toilet can be done on Thursdays, with the kitchen cupboards wiped down on Sundays prior to roast being cooked.

Explore which practices work in each room, such as living spaces with carpet and upholstery cleaners, non-toxic wood and furniture polish & eco-friendly air fresheners, as well as trialling new detergents & fabric softeners with the laundry. There are some great options which you can buy, or you can choose to make your own.

You'll find your feet!

# Cleaning Checklist

[illegible]

# Weekly Cleaning

DATE: \_\_\_\_\_

DAILY	M	T	W	T	F	S	S
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MONDAY	TUESDAY	WEDNESDAY
..... <input type="checkbox"/>	..... <input type="checkbox"/>	..... <input type="checkbox"/>
..... <input type="checkbox"/>	..... <input type="checkbox"/>	..... <input type="checkbox"/>
..... <input type="checkbox"/>	..... <input type="checkbox"/>	..... <input type="checkbox"/>
..... <input type="checkbox"/>	..... <input type="checkbox"/>	..... <input type="checkbox"/>

THURSDAY	FRIDAY	WEEKEND
..... <input type="checkbox"/>	..... <input type="checkbox"/>	..... <input type="checkbox"/>
..... <input type="checkbox"/>	..... <input type="checkbox"/>	..... <input type="checkbox"/>
..... <input type="checkbox"/>	..... <input type="checkbox"/>	..... <input type="checkbox"/>
..... <input type="checkbox"/>	..... <input type="checkbox"/>	..... <input type="checkbox"/>



## **Waste Reduction, Recycling & Sustainability Beyond Cleaning**

Green cleaning goes beyond the products you use—it also involves responsible disposal and waste reduction. Learn how to properly dispose of old cleaning products & recycle packaging - these will likely vary depending on where you are, country, state, country. But above and beyond, you can also learn to repurpose various materials whether it be cloth, bottles or containers, and adopting these practices contributes to a significant reduction in household waste.

Consider the broader impact of your cleaning routine on the environment. Implement energy-efficient cleaning practices, such as using cold water when possible, turning off lights and appliances during cleaning sessions. Explore ways to conserve water, such as using a bucket instead of running water when cleaning surfaces.

These sustainable habits contribute to a more eco-friendly lifestyle beyond just cleaning.







## Overcoming Challenges

A common misconception about green cleaning and DIY'ing is that it costs too much or takes too much time, making it less efficient for too much money. The reality is that when you take control, you can do it for pennies instead of pounds and to do all your DIYs in one go where you have a supply of the ingredients, will be quicker than going shopping for individual and potentially highly toxic products.

When you try a new recipe, you may need to make a couple of tweaks until you're happy with the results. An example is with a new laundry detergent recipe, the Bicarbonate of Soda may be a bit too harsh for sensitive skin and so you could look to soften it with Percarbonate of Soda which is also known as 'green bleach' and is great for whites. If you're in the market to purchase ready made products, you'll likely be visiting a local refill shop who stock these, but one thing is for sure, where possible you want to be on the hunt for 'green washing' (where products are very well marketed to make you think they're good for you and the environment, but the ingredients suggest otherwise), and purchase unscented products to avoid any synthetic fragrances (which are damaging to our endocrine system).

You can overcome barriers and embrace the benefits of green cleaning.

A person wearing a red and white plaid shirt, white pants, and pink slippers is cleaning a kitchen floor with a mop. They are wearing orange gloves. A blue bucket and a spray bottle are on the floor next to them. The kitchen has white cabinets and a wooden countertop.

## The Benefits of Green Cleaning

We're not all born cleaners, some live in comfortable chaos, others are pristine, some have cleaners because they sinceret hate doing the cleaning. One thing to know is that when you start on this venture, not only will you improve your own health and wellbeing, as well as being kinder to the planet, you'll likely start to enjoy doing these tasks as you're learning what does and doesn't work, the fresh smell of lower tox and clean products, and seeing the fruits of your labour.

So I encourage you to adopt better cleaning practices as part of your daily life, making a meaningful contribution to a healthier home and a healthier planet.



C L E A N I N G

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## ALL PURPOSE CLEANER

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A L L   N A T U R A L

I N G R E D I E N T S

T R I G G E R   S P R A Y  
B O T T L E

2   T B S P   -   O N   G U A R D  
C L E A N E R  
C O N C E N T R A T E

F I L L   -   C O O L E D  
B O I L E D   W A T E R

C L E A N I N G

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## TOILET CLEANER

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A L L   N A T U R A L

I N G R E D I E N T S

1   L A R G E   B O T T L E  
/ C O N T A I N E R

1   C U P   -   C O O L E D  
B O I L E D   W A T E R

$\frac{1}{2}$    C U P   -  
B I C A R B O N A T E   O F  
S O D A

1 - 2   T B S P   -   O N  
G U A R D   C L E A N E R  
C O N C E N T R A T E

3 0 - 4 0   D R O P S   -  
E S S E N T I A L   O I L S

C L E A N I N G

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## OVEN CLEANER

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A L L   N A T U R A L

I N G R E D I E N T S

1   G L A S S   J A R

$\frac{1}{2}$    C U P   -  
B I C A R B O N A T E   O F  
S O D A

1   T B S P   -   C O A R S E  
S A L T

$\frac{1}{4}$    C U P   -   C A S T I L E  
S O A P

5   D R O P S   -   L E M O N  
O R   L I M E   E S S E N T I A L  
O I L

C L E A N I N G

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## TILE SPRAY

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A L L N A T U R A L

### I N G R E D I E N T S

1 6 O Z G L A S S S P R A Y  
B O T T L E

4 T S P - C A S T I L E  
S O A P

1 0 D R O P S  
E U C A L Y P T U S  
E S S E N T I A L O I L

1 0 D R O P S T E A T R E E  
E S S E N T I A L O I L

F I L L W I T H W H I T E  
V I N E G A R

C L E A N I N G

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## LAUNDRY DETERGENT

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A L L N A T U R A L

### I N G R E D I E N T S

1 G L A S S C O N T A I N E R

2 C U P S -  
B I C A R B O N A T E O F  
S O D A

2 C U P S - S O D A  
C R Y S T A L S

1 C U P - F I N E P I N K  
H I M A L A Y A N S A L T

3 0 D R O P S - L E M O N  
E S S E N T I A L O I L

A L L O W T O D R Y  
A F T E R M I X I N G

C L E A N I N G

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## DUST WIPES

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A L L N A T U R A L

### I N G R E D I E N T S

1 J A R

S M A L L R E U S A B L E  
C L O T H T O W E L S

2 C U P S - C O O L E D  
B O I L E D W A T E R

2 5 D R O P S - L E M O N  
E S S E N T I A L O I L

2 T B S P - O L I V E O I L

1 T B S P - W H I T E  
V I N E G A R



C L E A N I N G

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## FABRIC SOFTENER

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A L L   N A T U R A L

I N G R E D I E N T S

1   R E U S A B L E   G L A S S  
B O T T L E

½   C U P   -   E P S O M  
S A L T S

F I L L E D   W I T H  
B O I L I N G   W A T E R

O N C E   C O O L E D ,   A D D  
1 0   D R O P S   L A V E N D E R  
E S S E N T I A L   O I L

C L E A N I N G

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## SINK & TUB PASTE

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A L L   N A T U R A L

I N G R E D I E N T S

1   G L A S S   J A R  
/   C O N T A I N E R

2   C U P S   -  
B I C A R B O N A T E   O F  
S O D A

2   T B S P   -   O N   G U A R D  
C L E A N E R  
C O N C E N T R A T E  
/ C A S T I L E   S O A P

3 0   D R O P S   -   L E M O N  
E S S E N T I A L   O I L

C L E A N I N G

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## WASHING UP LIQUID

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A L L   N A T U R A L

I N G R E D I E N T S

1   F O A M I N G   P U M P  
B O T T L E

¼   F I L L   -   C A S T I L E  
S O A P

F I L L   -   C O O L E D  
B O I L E D   W A T E R

1 0   D R O P S   -  
G R A P E F R U I T  
E S S E N T I A L   O I L

C L E A N I N G

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## HAND WASH

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A L L N A T U R A L

I N G R E D I E N T S

1 F O A M I N G P U M P  
B O T T L E

¼ F I L L - C A S T I L E  
S O A P

F I L L - C O O L E D  
B O I L E D W A T E R

1 5 D R O P S -  
D E S I R E D E S S E N T I A L  
O I L ( S )

C L E A N I N G

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## BODY WASH

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A L L N A T U R A L

I N G R E D I E N T S

1 F O A M I N G P U M P  
B O T T L E

¼ F I L L - C A S T I L E  
S O A P

F I L L - C O O L E D  
B O I L E D W A T E R

3 0 D R O P S -  
D E S I R E D E S S E N T I A L  
O I L ( S )

2 T B S P C A R R I E R O I L

C L E A N I N G

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## MATTRESS CLEANER

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A L L N A T U R A L

I N G R E D I E N T S

1 S A L T S H A K E R

F I L L - B I C A R B O N A T E  
O F S O D A

1 5 D R O P S - L E M O N  
O R P U R I F Y  
E S S E N T I A L O I L