



# Alternative & Cheap Cleaning Ideas

**Our supermarket shelves are filled with household cleaners that are expensive. Some of them also contain very strong chemicals which can pollute the environment and pose a health risk to you and your family.**

**When using household cleaners it is important to read the label and follow the instructions for use. If these chemicals are used on surfaces they were not meant for they can cause damage to these surfaces that you may not be able to repair.**

**If you are renting a home this could mean that you may have to pay to have the surface repaired, which may come out of your bond. There is safe, simple, value for money alternatives.**

## Kitchen

- Baking soda can be used to clean chopping boards, stainless steel sinks and ovens. Sprinkle baking soda on a damp cloth and scrub or wipe over the surface you are cleaning then rinse well with water.
- Oven - For stubborn oven grime, apply a paste of Baking Soda and water to a warm oven, leave overnight and wipe off. For regular cleaning, apply paste to a cold oven, warm for 30 minutes (turn off oven) then carefully wipe /rinse off.
- Microwave - Wipe over (inside and out) with a damp cloth sprinkled with baking soda. Don't forget to always rinse/wipe off well with water.

## Bathroom

- Baking soda can be used for all surfaces in your bathroom like bathtubs, tiles, floors, screens and sinks.
- Freshen drains - Slowly pour half a cup of Baking Soda down the drain with warm tap water to freshen.
- Blocked drains - pour a quarter cup of Baking Soda down the drain followed by half a cup of vinegar, close the drain until the fizzing stops and flush with boiling water.
- Deodorize your home - Sprinkle carpets with a small amount of Baking Soda, leave overnight, then vacuum up.
- Stained cups - Restore new life to stained cups, apply Baking Soda to a damp cloth and rub away.

## Laundry

- Fresh sheets - Add half a cup of Baking Soda to the laundry rinse cycle to give towels and sheets freshness.
- Nappy cleaner - use Baking Soda as a pre soaker for soiled nappies: it removes mould and stubborn stains. Dissolve 45g in a bucket of warm water; allow soaking, washing in hot soapy water and dry in the sun.
- Whiter whites - As a whitener, add 2 teaspoons of Baking Soda to half a bucket of cold water. Soak for 30 minutes then wash as normal.
- Grease spots -To remove grease spots, carefully pour boiling water on stains and follow by sprinkling with dry Baking Soda on the stain. Wash as normal.

## Try these other Tips

- Smells - Freshen up smelly shoes by sprinkling Baking Soda in them and if possible leave for 3 – 4 days before wearing. For dog beds, the car (upholstery and carpets) sprinkle Baking Soda and leave for 15 minutes before vacuuming.
- Mosquito bites - Make a paste with Baking Soda and warm water and apply directly to the bite. The itching will go away.