INSTRUCTIONS:
1. Cut along outside line.
2. Fold along middle line.
3. Fold into fourths.

SAFER DIY ALTERNATIVES
Skip store-bought cleaners and make your own with:
- White vinegar
- Baking soda
- Lemon juice
- Fragrance-free liquid soap or dish detergent (not antibacterial)
- Washing soda (wear gloves when using this ingredient)

TOOLS OF THE TRADE
Any cleaner works better with:
- Machine-washable cloth or mop head
- Abrasive scrub brush or sponge
- Squeegee for showers and windows

EWG’S TOP TIPS

All-purpose cleaners
HOMEMADE
Mix hot water with 1/2 teaspoon of washing soda and 1/2 teaspoon of liquid soap or dish detergent.

SKIP IT
Hydrocarbon, glycol ether or aromatic solvents – grease- and soil-dissolving chemicals linked to carcinogenicity, neurotoxicity and/or respiratory toxicity.

TRY IT
Sprinkle baking soda on oven stains. Moisten with water, let stand overnight, wipe and rinse.

Bathroom
HOMEMADE
Soft scrub for bathroom surfaces: Wet 1/2 cup baking soda with a little liquid soap to get a frosting-like consistency.

SKIP IT
Chlorine bleach is a common but harsh ingredient. When inappropriately mixed with acids or other cleaners, it can form a poisonous gas.

TRY IT
For stubborn stains, try oxygen (color-safe) bleaches. Wear gloves.

Kitchen
HOMEMADE
Grime-fighting surface cleaner: Mix vinegar and salt into a paste.

SKIP IT
Some oven cleaners are capable of burning skin, eyes and lungs.

TRY IT
Sprinkle baking soda on oven stains. Moisten with water, let stand overnight, wipe and rinse.

Laundry
SKIP IT
Some fabric softeners and dryer sheets coat fabric with asthma-causing “quat” and secret “fragrance” chemicals.

TRY IT
Add vinegar to the rinse cycle to reduce static cling, soften, brighten and reduce strong odors.

Avoid These Three Categories
BLEACH AND QUAT-BASED DISINFECTANTS
Sodium hypochlorite – found in chlorine bleach and quaternary ammonium compounds, also called quats, are linked to respiratory harm and other serious health effects.

AIR FRESHENERS
Can contain dozens of undisclosed and often untested chemicals. Open windows, use fans and try baking soda instead.

CAUSTIC DRAIN CLEANERS
May contain extremely toxic chemicals. Use a drain snake or make a fizzy drain opener with 1/2 cup vinegar and 1/2 cup baking soda.

WHAT THE LABEL DOESN’T TELL US
It would be easier if all ingredients were required to be listed on the label. But they’re not. Check for warnings and ingredients, not marketing claims.

SKIP PRODUCTS CONTAINING
ammonia; EDTA; ethanolamines and alkanoamide surfactants; glycols, glycol ethers and esters; isothiazolinones; optical brighteners; per- and polyfluorinated compounds, or PFAS; petroleum distillates; phosphates and phosphonates; polycrylates

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