INSTRUCTIONS:

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





Tips for Greener Cleaning





Many manufacturers of household cleaners do not disclose all ingredients on product labels, making it difficult for consumers to choose safer products. THAT'S WHY EWG DEVELOPED THE GUIDE TO **HEALTHY CLEANING.** It rates cleaning products on ingredient hazards as well as disclosure.

FIND BETTER PRODUCTS HERE

ewg.org/quides/cleaners

BLEACH AND QUAT-BASED DISINFECTANTS

AIR FRESHENERS

CAUSTIC DRAIN CLEANERS

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 alkanolamide surfactants; glycols, glycol ethers and esters; isothiazolinones; optical brighteners; per-and polyfluorinated compounds, or PFAS; petroleum distillates; phosphates and phosphonates; polyacrylates



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SAFER DIY ALTERNATIVES

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 Bathroom

cleaners HOMEMADE

Mix hot water with 1/2 teaspoon of washing soda and 1/2 teaspoon of liquid soap or dish detergent.

aromatic solvents - grease- and soil-dissolving chemicals linked to and/or respiratory toxicity.

HOMEMADE

Wet 1/2 cup baking soda with a little liquid soap to get a frosting-like consistency.

SKIP IT

but harsh ingredient. When or other cleaners, it can form a poisonous gas.

(color-safe) bleaches. Wear gloves.

Kitchen

HOMEMADE

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

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

stains. Moisten with water, let stand overnight, wipe and rinse.

Laundry

sheets coat fabric with asthma-causing "quat" and secret "fragrance" chemicals.

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

Use EWG's Guide to Healthy Cleaning to find better products:

ewg.org/guides/cleaners