

Home Cleaning Product Alternatives



Suffolk County
Cancer Prevention
and Health Promotion
Coalition

Did you know that common everyday household products often contain harmful chemicals? Fortunately, you can make inexpensive, non-toxic cleaners with items you have in your home. For more information, visit

www.SuffolkCountyny.gov/CancerAwareness

Note: The alternatives provided are examples of what is widely available in the literature. However, even home remedies have the potential to be harmful if misused. Never mix home remedies or commercial products; use products only as intended.

Choices you can make



All Purpose Cleaner: For grease, try to make a paste with baking soda. For other purposes, combine vinegar, water and lemon juice.

Bath/Shower Cleaner: Try mixing 1 part white vinegar to 1 part water in a spray bottle. Spray the shower wall and tub. Let sit for at least 30 minutes and rinse. **For rust stains**, mix cream of tartar and water into a paste. Put a little on the stain and use a sponge to wash it off.



Toilet Bowl Cleaner: Use a toilet brush and baking soda or vinegar.

Glass Cleaner: Try club soda in a spray bottle or a mix of 1 tablespoon of vinegar or lemon juice in a quart of water.



Carpet Cleaner: Wash with water and soap. Rinse soon after a spill.

Oven Cleaner: Prevent spills by using aluminum foil. To clean, put a mix of baking soda, water and soap on the oven overnight. In the morning, scrub off with baking soda and a soapy sponge, then rinse again.



Furniture Polish: Use 1 part white vinegar, 3 parts vegetable oil and a few drops of fresh lemon juice.