

## Green Cleaning Tip Sheet

### ? Did You Know?

Manufacturers of cleaning products are currently not required to list a product's ingredients on the label<sup>1</sup>? Ingredient labels are mandatory for food, cosmetics and drugs – but not for cleaning products<sup>2</sup>. Since manufacturers aren't required to disclose all ingredients, many don't, including some "green" cleaner makers.

## 5 Reasons to Adopt Green Cleaners

1



### Make Your Home Safer

Conventional cleaning products usually contain toxic ingredients that are especially dangerous to children and pets.

2



### Protect Your Health

Many conventional cleaning products contain hazardous chemicals including carcinogens and neurotoxins.

3



### Clean Up Your Indoor Air

Volatile Organic Compounds (VOCs), are released when toxic products are used and stored and can also linger in the air long after use.

4



### Help the Environment

Truly green cleaning products are made using sustainable manufacturing practices & natural, safe, non-toxic & biodegradable ingredients that don't negatively impact the environment.

5



### Create Your Own Products

Try making some of your own green cleaning products. You will not only save money and time shopping, but can also customize products to suit your needs by using different natural ingredients.



### Easy All-Purpose Cleaner Recipe:

- > 1 tsp borax
- > 2 tbsp castile soap
- > 1 litre warm water
- > 3-5 drops essential oils

Combine borax, castile soap, warm water and essential oils in a 1 L spray bottle. Shake to combine. Use this cleaner for general cleaning around the house such as kitchen and bathroom counters and even floors.

1. **Canada must act on toxic cleaning product ingredients.** (N.D.) Retrieved October 24, 2014 from <http://www.davidsuzuki.org/issues/health/science/enviro-health-policy/canada-must-act-on-toxic-cleaning-product-ingredients/>
2. **Household Cleaner Ratings and Ingredients.** (2014). Retrieved October 24, 2014 from <http://www.ewg.org/guides/cleaners/content/findings>

### Look for Logos You Can Trust



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📣 Take action! Keep toxins out of our rivers, streams, and waterways.

Ironically, the air quality in your home on cleaning day may be much more polluted than the outdoor air due to the toxins that exist in some cleaning products. Residential homes are also a major source of water pollution because there are few regulations governing what we pour down our drains.

However, by choosing non-toxic cleaning products (or making your own!), you can create a healthier home for you and your family and keep toxins out of our rivers, lakes and other waterways.

### > No Cost

- Look for transparency (a full list of ingredients) when shopping for cleaning and personal care products.
- Look for third party certified cleaning products (see logos below).
- Avoid anti-bacterial products (particularly Tri-closan), as they are overkill in a household setting. Plain soap is sufficient to remove viruses and bacteria.
- Avoid synthetic air fresheners. Look for pure essential oils instead, which will come in dark bottles (they are light sensitive) and vary in price.
- Avoid conventional dryer sheets. Use the sensory mode on your dryer instead of over drying with a timed dry (which creates static), line-dry synthetic fabrics, and choose non-toxic options like dryer balls and Static Eliminators.
- Take your toxic cleaners to one of Calgary's Household Hazardous Waste drop-offs.

### > Low Cost

- Make your own cleaners to save time, money and reduce waste from packaging.

### > Investment

- Look into having an indoor air quality assessment to help prioritize your air quality home improvements.

We offer workshops on making green cleaners, a recipe book, and online resources to help you make your own! Call us or check out our website to learn more! [www.greencalgary.org/green-homes](http://www.greencalgary.org/green-homes)



[www.greencalgary.org](http://www.greencalgary.org)

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