

## Clean Green! Make your own cleaner

This week we are focusing on clean green – ways to make your cleaning products and toiletries more eco-friendly, and reduce the amount of waste we produce when we use these products.

*Suitable for ages:* ages 8-18

*Curriculum links:*

- Grade 4 science: Waste and our world (plastic waste associated with cleaning products, and links to household hazardous waste)
- Grade 5 science: wetland ecosystems (links to water contamination from chemical cleaners)
- Grade 6 science: evidence and investigation (can investigate which cleaners are most effective through trial and improvement)
- Grade 8 science: freshwater and saltwater systems (links to water contamination from chemical cleaners)
- Grade 9 science: matter and chemical change (exploring the use and role of chemicals in cleaning)

## Instructions

### All-Purpose Cleaners

#### RECIPE #1

- 1 tsp. Borax
- 1/2 tbsp. liquid castile soap
- 1 L hot water
- 3-5 drops of essential oil (optional)

Combine the ingredients in a spray bottle for easy use. Works on multiple kitchen and bathroom surfaces including shower mildew and baked-on microwave gunk.

#### RECIPE #2

- 1 2/3 c. baking soda
- 1/2 c. liquid castile soap
- 1/2 c. tap water
- 2 tbsp. white vinegar (add last)

Mix together and use liberally. Great for scouring.

#### RECIPE #3

- 1 tbsp. baking soda
- 1 tbsp. lemon juice
- 1/2 c. hot water

Place all ingredients in spray bottle and shake well before use. Note: The recipes listed here are enough for more than one use and store well.



## Hands & Feet

### MOISTURIZING HAND TREATMENT

- 1/2 c. coconut oil
- 1/2 c. granulated sugar
- Juice of 1 lemon
- Cotton gloves

Mix all ingredients in a bowl. Rub the mixture over your hands and brush off any excess. Put on the cotton gloves and leave them on overnight. By morning you will have soft, silky hands.

### CUTICLE TREATMENT

- 2 tsp. lemon juice
- 1 tsp. honey
- 1/2 c. warm water

Mix ingredients in a small metal or glass bowl that is large enough for your hands. Soak fingertips for approximately 5 minutes. Rinse and pat dry.

### PEPPERMINT FOOT SOAK

- 2 c. milk
- 1 handful fresh spearmint or peppermint leaves
- 3 to 6 sprigs fresh rosemary
- 10 drops peppermint essential oil

Simmer milk and herbs in a saucepan for 10 minutes. Pour mixture into large bowl or a tub big enough to soak both feet. Top with warm water and add essential oil. Stir and soak.

### NO SWEAT FOOT SPRAY

- 2 sprigs fresh rosemary
- 4 fluid ounces witch hazel
- 35 drops cypress essential oil
- 5 drops patchouli essential oil

Place sprigs of rosemary into spray bottle with remaining ingredients. Shake well. Use it a couple of times per day on your feet or in your shoes.

## Did you know?

Many chemical cleaning products cannot be disposed of in your black cart. The chemicals they contain can be dangerous and must be dropped off at the City of Calgary Household Hazardous Waste (HHW) locations. Check [www.calgary.ca/hhw](http://www.calgary.ca/hhw) for more information.

## Share with us!

We would love to see photos of your low-waste crafts and activities at home. Feel free to tag us or hashtag #GreenCalgary in your social media posts! Find us here:

