

A large yellow rounded rectangle with a black outline, containing the text 'Green Tok' in a bold, teal, rounded font. The background is pink with white starburst graphics. Surrounding the logo are illustrations of a teal spray bottle, a yellow lemon, a teal bottle, a potted plant, a bucket with a yellow glove, and a blue cloth.

Green Tok

**The Ultimate Guide
to Natural & Reduced
Waste Cleaning**



GREENPEACE

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Before You Muck In

- Always test your homemade cleaners on an inconspicuous area before using them to make sure they're safe and effective.
- DIY cleaning recipes don't contain chemical preservatives and tend to have a shorter shelf life than commercial products, so make them as and when they're needed.
- For spray cleaners, you can reuse a clean plastic spray bottle from an old product or invest in a tinted glass spray bottle to protect against degradation from UV light. If you're reusing a spray bottle, make sure it's completely empty of the original product and thoroughly clean.



Taking care of your home shouldn't cost the earth. Yet supermarkets are stuffed with expensive cleaning products that contaminate waterways, come in single-use plastic and can expose you to as much indoor pollution as a busy road!

It's time to 'green' your cleaning regime. Luckily, it couldn't be easier. The average kitchen cupboard already has most of the natural ingredients you need to achieve a sparkingly clean home, making this change cost-effective and eco-friendly. We've put together seven **#GreenTok** recipes to get you started, plus some quick tips that celebrate one particularly powerful cleaner: the humble lemon!

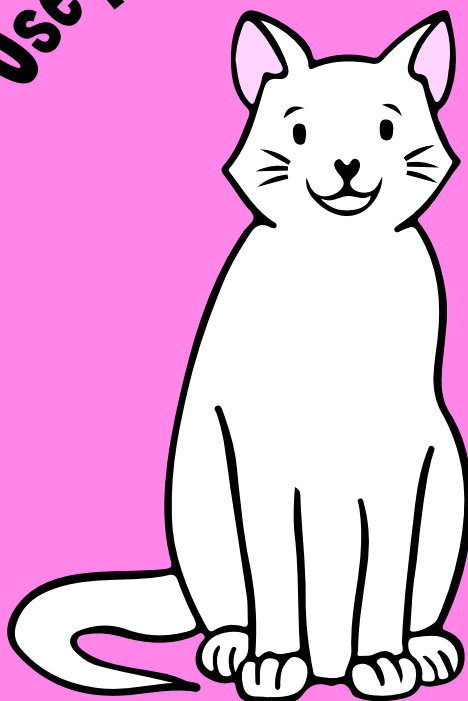


A Note On Safety



- ✘ **Never** mix bleach with vinegar. This creates a chemical reaction that releases dangerous fumes. For this reason, avoid mixing any commercial cleaner with DIY products.
- ✘ **Never** use vinegar on marble or granite as it will erode the stone.
- ✘ **Never** breathe in homemade cleaners or get them in your eyes or on your skin. Even natural alternatives can be irritants.
- ✔ **Always** check if your choice of essential oil is pet-safe. Many are **toxic to cats and dogs** (including citrus oils and tea tree) so check [this list of pet-safe oils](#) and always consult your vet prior to use.
- ✔ **Always** store cleaning products out of reach of children – even eco ones.

Use pet-safe essential oils



1. Multipurpose Cleaner

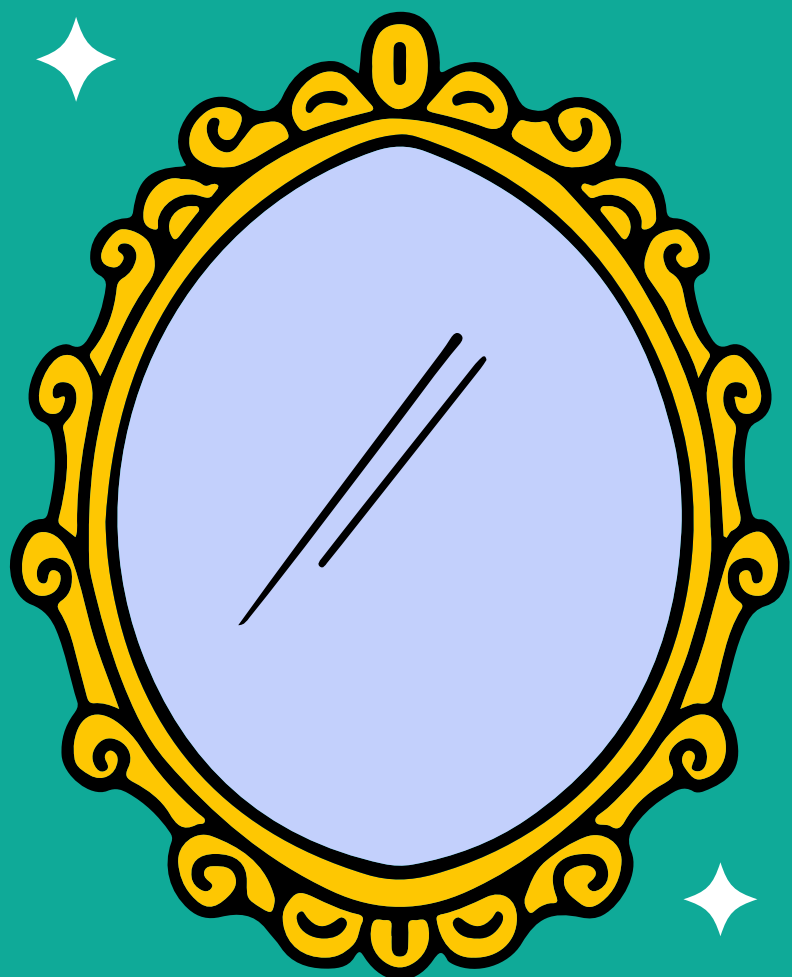


- 1 part white vinegar
- 5 parts warm water
- 2 drops tea tree oil (or a pet-safe alternative)

Tea tree oil is antimicrobial, antiviral, antifungal and antiseptic, so a fantastic alternative to chemical disinfectants. Simply mix all the ingredients in a bottle, spray your surfaces and let it sit for 10 minutes, then wipe clean.



2. Glass Cleaner



- 30ml white vinegar
- 200ml warm water
- 1 tsp of cornflour

The secret to an effective homemade glass cleaner is cornflour—who knew? Add the ingredients to a bottle then spray and buff with a cloth to achieve a sparkling shine on glass, windows and mirrors alike.



3. Toilet Cleaner



- 100ml white vinegar
- 20g baking soda

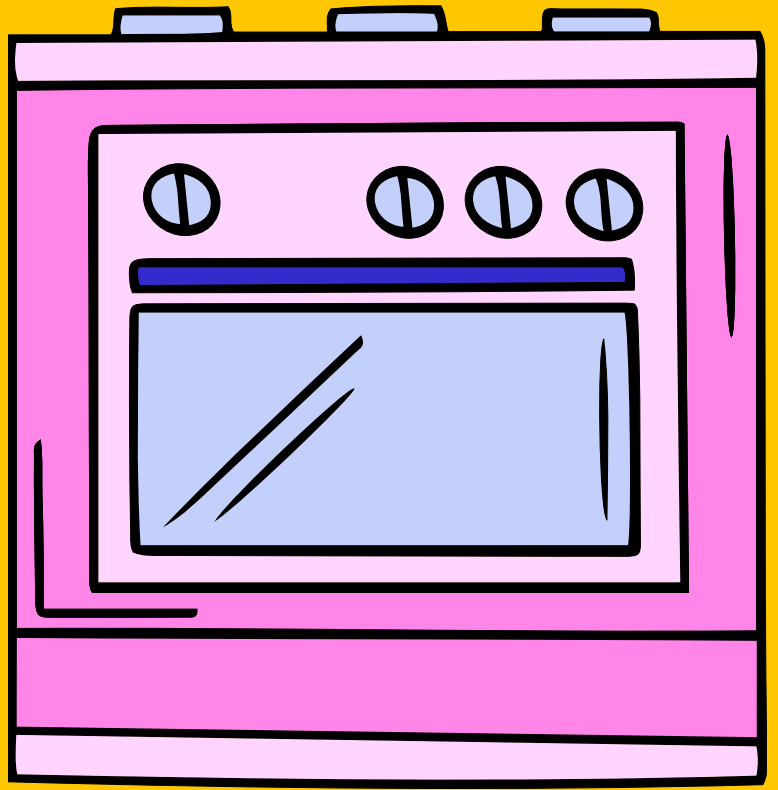
Conventional toilet cleaners are some of the worst culprits for toxic chemicals. But why reach for the bleach when you can clean your loo with two simple ingredients? Combine them directly in the toilet bowl and watch as they fizz the filth away (just don't be tempted to make this ahead of time—it'll foam up everywhere! And don't forget: **never** combine this recipe with bleach-based products).



Bonus Tip!

This combo works wonders on blocked sinks. Just pour 2 tbsp of baking soda down the drain followed by 50ml of vinegar, then marvel as the gunk is fizzed away.

4. Oven Cleaner

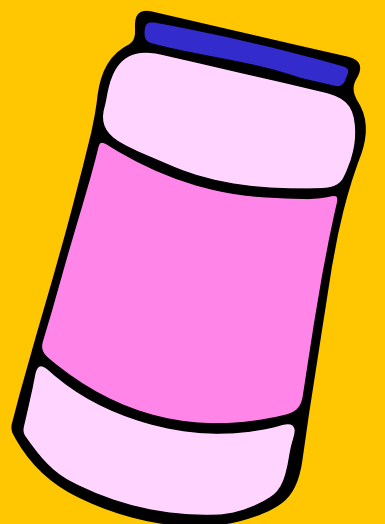


- 65g baking soda
- 3 tbsp water

Make a paste that's the same consistency as pancake batter. Remove the racks and, using a spatula or gloved hand, smear it on the surfaces of the oven – avoiding the heating elements. Leave the paste for 15-20 minutes, then wipe away with a warm, damp cloth.

Bonus Tips!

- After removing the paste, wipe the oven with water and distilled vinegar (3:1) for a sparkling clean.
- For a heavy-duty cleaner, use 450g baking soda, 1 tbsp salt and 2 tbsp water and leave overnight before scraping it off with a spatula.

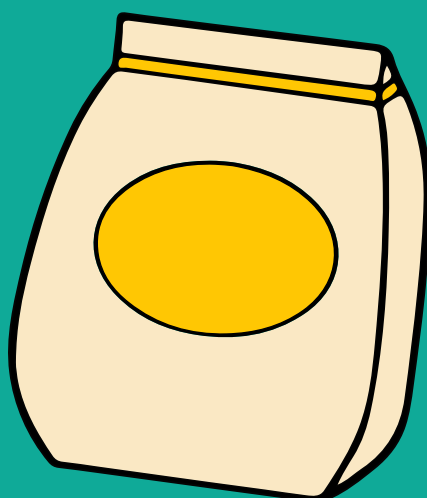


5. Kettle Descaler

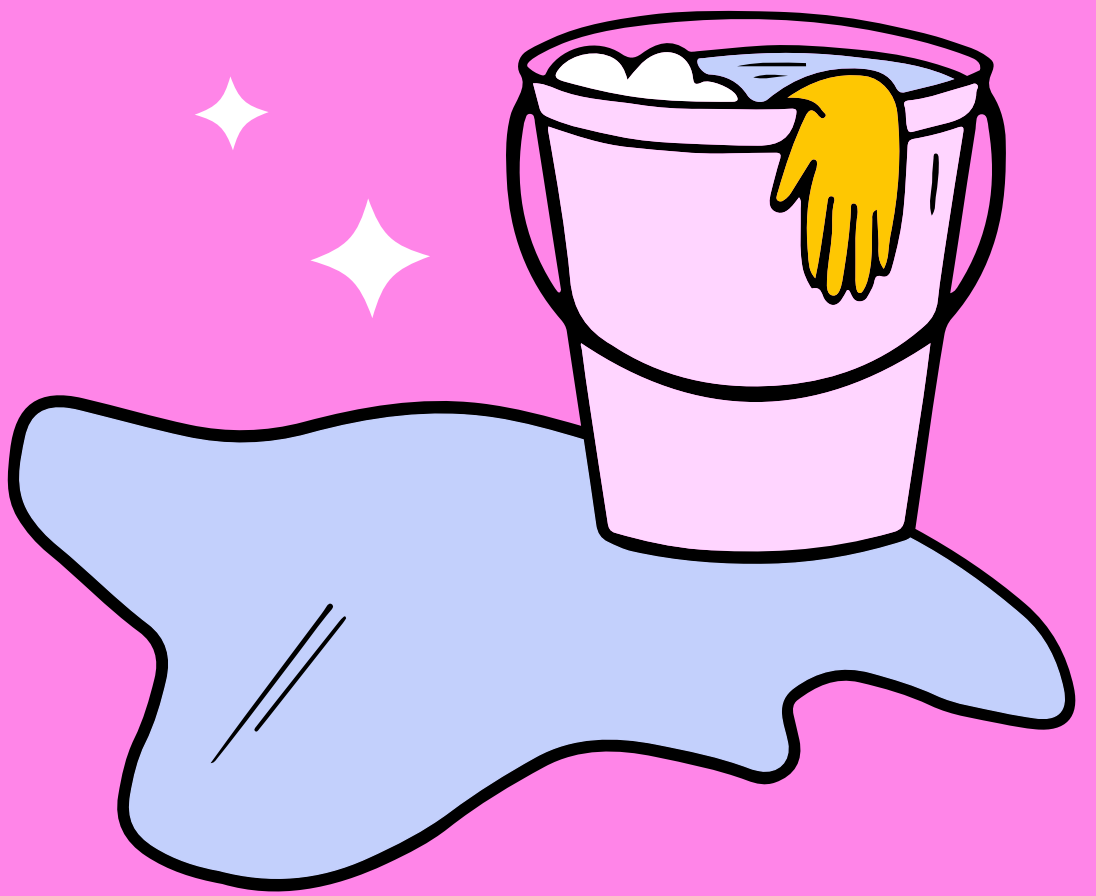


- 75g citric acid
- Half a kettle of water

Fill half the kettle with water and boil it. Unplug it, put it in the sink and carefully remove the lid. Add the citric acid, let it work its magic for 15 minutes, then pour it away. Reboil the kettle a few times with fresh water and voilà! Your kettle is now limescale-free and ready to make a cuppa.



6. Floor Cleaner

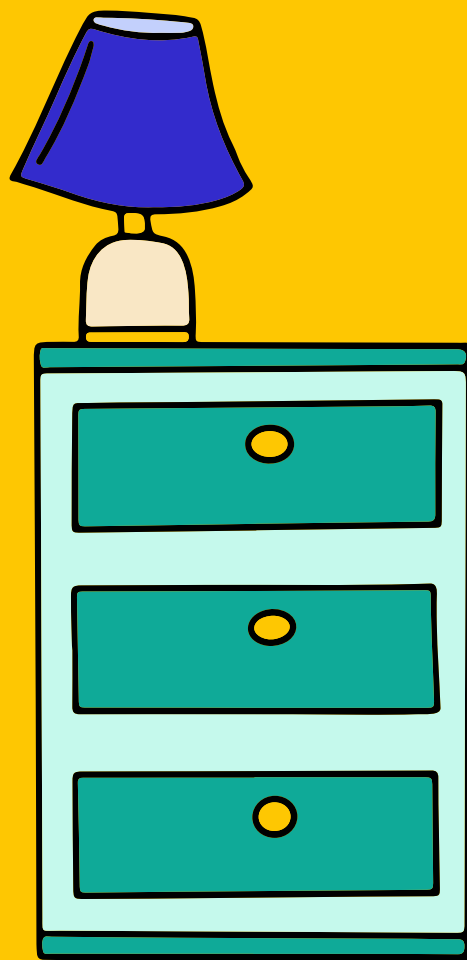


- 3 tbsp washing up liquid (make sure it doesn't contain any antibacterial ingredients, moisturisers or bleach)
- 5-10 drops essential oil of choice
- 5 litres hot water

Combine the ingredients directly into your mop bucket and give it a good stir until it foams up nicely. That's it! You've got yourself a fantastically effective cleaner that'll leave your floors looking and smelling fresh.

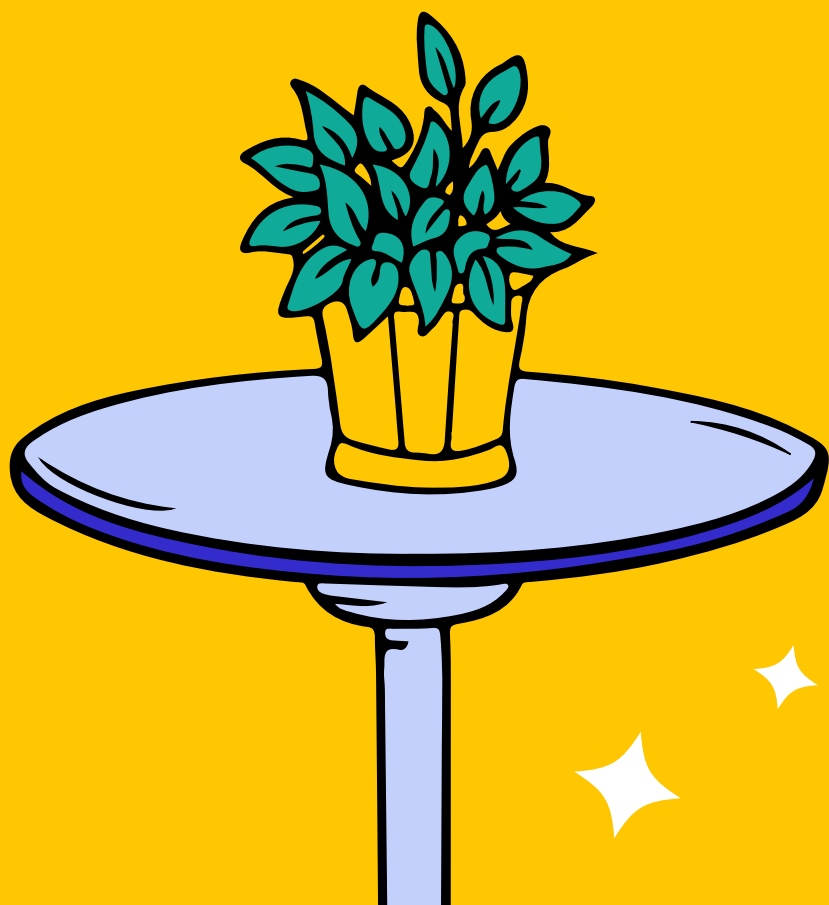


7. Furniture Polish



- 100ml olive oil
- 100ml white vinegar
- 8 drops lavender oil

Olive oil makes a great furniture polish, nourishing the wood and bringing out its natural shine. Simply add the ingredients to a spray bottle and shake to combine, then buff your furniture to floral-scented perfection. You can even make lavender oil yourself—check out the bonus recipe on the next page.



Bonus Recipe: Lavender Oil



- 30g dried lavender
- 300ml liquid coconut oil
- Cheesecloth or colander for straining

Cut a bunch of lavender from the garden. If you don't grow it or have a garden, ask a friend or neighbour. Dry it upside down in a dark place for 2-4 weeks (an airing cupboard is ideal). Add the lavender and oil to a clean glass jar and secure the lid tightly. Shake it, then store it in indirect sunlight for 7-10 days, shaking daily. Strain, then funnel into a glass jar. The oil will keep for up to one year in a cupboard.





The Mighty Lemon: 5 Quick Tips

You know the old saying: when life gives you lemons, clean your microwave! The humble lemon is a **#GreenTok** cleaning superstar. Here are 5 quick tips to make the most of this citrus wonder.

1. **Microwave cleaner** – put half a cut lemon in a bowl of water and steam it in the microwave, then wipe down with a cloth.
2. **Chopping board freshener** – remove garlic smells from your chopping board by sprinkling it with salt and rubbing with a cut lemon, then rinse.
3. **Destain reusable plastic containers** – get rid of sauce stains by rubbing with lemon juice and leaving for 15 minutes.
4. **Freshen the fridge** – place half a cut lemon sprinkled with salt inside the fridge to eliminate odours.
5. **Remove grout grime** – spray grout with lemon juice and leave for at least 10 minutes, then wipe clean.

Share these recipes with a friend

The more people who clean green, the higher the demand for zero-waste products, the more likely companies are to reduce their impact.

Interested in more tips on how to reduce your plastic footprint? [Check out this article.](#)

With thanks to our sources (credits are not endorsements):
[Multipurpose Cleaner](#), [Glass Cleaner](#), [Toilet Cleaner](#), [Oven Cleaner](#),
[Kettle Descaler](#), [Floor Cleaner](#), [Furniture Polish](#).

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