



Cheaper & Healthier Cleaning!

5 Main Ingredients

- Bread Soda (also known as Baking Soda & Bicarbonate of Soda)
- Soda Crystals / Washing Soda
- White Vinegar (NOTE – the smell of vinegar will quickly go away but if you want to improve the smell, then add some vanilla or almond extract or something similar).
- Salt
- Lemon

For Odours

Both vinegar and baking soda are effective odour eliminators.

- **General spray for the house**
Pour a few drops of vanilla extract or similar into a spray gun with water and shake. This gives a lovely smelling spray which is really cheap and has NO CHEMICALS!
- **Deodorise rubbish bins**
Pour full-strength White Vinegar into a trigger spray bottle. Spray sides and bottom of garbage can, holding sprayer 15 - 20 cm (6 - 8") from surface. Wipe clean with sponge.
- **Kitchen Bins & Carpets**
Sprinkle baking soda onto the bottom of the bin or onto the carpet before you Hoover.
- **Remove unpleasant cooking odours**
Boil 175 ml (3/4 cup) of White Vinegar with 750 ml (3 cups) of water in an open pot on the stove for 10 minutes, or until odour disappears.

Top Kitchen Cleaning Tips

CLEAN & DEODORISE MICROWAVE OVENS

Add 125 ml (1/2 cup) White Vinegar to 250 ml (1 cup) of water in a bowl, uncovered, in microwave oven. Microwave on high for 3 - 4 minutes, then let stand for 15 minutes. The steam will loosen food stains while it deodorizes. Simply wipe oven clean.

UNBLOCK & DEODORISE DRAINS

Pour a handful of baking soda and 250 ml (1 cup) of White Vinegar down drain. When the bubbling stops, rinse with hot water. Repeat, if necessary, until drain runs freely.

REMOVE MINERAL & LIME DEPOSITS FROM COFFEE MAKERS

Add White Vinegar to 6-cup level and water to 10-cup level, and put in empty paper filter. Turn on coffee maker and complete the brew cycle, then discard vinegar solution and used paper filter. Run coffee maker for complete cycle with fresh water before brewing coffee. Repeat every three months.

COOKERS, OVENS & HOODS

Bread soda is really good on tough stains or dried in dirt. Mix with vinegar for removing really grimy ovens and baked on grease.

ELIMINATE FOOD & SOAP RESIDUE FROM DISHWASHER

Pour 500 ml (2 cups) of White Vinegar into bottom of dishwasher tub and run through a cleaning cycle, every three months if dishwasher is used daily, and every six months if dishwasher is used 2 - 3 times a week.

REMOVE MINERAL DEPOSITS FROM KETTLES

Fill kettle to 3/4 full with equal parts of White Vinegar and water and bring to a boil. Let soak overnight and then rinse with clean water.

CLEAN & SHINE STAINLESS STEEL SINKS, FAUCETS, COUNTERTOPS, CERAMIC TILES & APPLIANCES

Pour full-strength White Vinegar into a trigger spray bottle. Spray soiled surface, holding bottle 15 - 20 cm (6 - 8") away. Wipe with paper towel or sponge. Do not use White Vinegar on natural marble, slate or other porous/limestone counters because it can etch the surface.

CLEAN SINKS WITH SALT

Salt can remove stains from ceramic and stainless steel sinks. Use salt and lemon juice to remove any rust marks. For stubborn stains leave for a few hours or overnight before rubbing off.

REMOVE LIME SCALE FROM SINK FAUCETS

Soak a paper towel in White Vinegar and then wrap it around the faucet for 10 minutes. Remove paper towel and wipe away lime scale.

CLEAN & SHINE GLASS AND CHROME

Pour full-strength White Vinegar into a trigger spray bottle. Spray soiled surface, holding bottle 15 - 20 cm (6 - 8") away. Wipe clean with paper towel.

CLEAN FLOORS

Cleans no-wax vinyl/laminate and ceramic tile floors. Use a solution of 1 part White Vinegar to 4 parts water. For cooking grease build-up use full-strength White Vinegar.

CLEAN REFRIGERATORS

To keep refrigerator fresh and clean wash interior with a solution of equal parts White Vinegar and water.

REMOVE FOOD STAINS & MINERAL DEPOSITS FROM COOKWARE

Cleans stainless steel, glass, aluminium and porcelain pots and pans. Boil together 125 ml (½ cup) of White Vinegar, 30 ml (2 tablespoons) of baking soda and 250 ml (1 cup) of water in cookware for 15 minutes.

POTS, PANS ETC.

Baking soda will clean plastics without scratching while removing any nasty odours. Make it into a paste with water or sprinkle onto a damp cloth, wipe and rinse off. For dried or burnt on food liberally sprinkle on baking soda, add some boiling water and leave overnight.

Top Bathroom Cleaning Tips

TILES

Use a solution of soda crystals & water to clean tiles.

Tea tree oil is both antiseptic and disinfectant – it effectively removes mould and mildew from tiles and grout.

SHOWER DOORS

Use lemon juice to clean shower doors and rinse with water for a really good clean.

TOILET BOWL & SINKS

Salt scrubs well and is also antibacterial. Salt can be used to disinfect toilet bowls or sinks. Flush some soda crystals down the loo to clean and freshen and to help prevent blockages. Can be used on toilet brushes too!

UNBLOCK & DEODORISE DRAINS & PIPES

- Soda crystals and boiling water can help keep pipes clean and prevent blockages.
- Pour a handful of baking soda and 250 ml (1 cup) of White Vinegar down drain. When bubbling stops, rinse with hot water. Repeat, if necessary, until drain runs freely.

Top Living Room Cleaning Tips

Blinds

Mix soda crystals and water and apply with a cloth to dust & brighten venetian blinds.

Net Curtains

Soak white net curtains in a bucket of water with a dissolved denture tablet to bring up grimy whites gleaming!

Wood Furniture

3 parts olive oil to 1 part vinegar makes a great wood polisher. Make sure that the mix emulsifies (like a salad dressing) before using it. Rub on with one cloth and buff off with another.

Leather

Use **2 parts olive oil** to 1 part vinegar makes a great wood polisher. Again, make sure that the mix emulsifies (like a salad dressing) before using it. Rub on with one cloth and buff off with another.

Windows / glass

Vinegar!

Carpets

Sprinkle bread soda before vacuuming to lift stains and odours

Wooden frames /skirting and architrave

Wipe down paintwork with soda crystals and warm water.

Top Cleaning Tips for the Patio & Outdoors

Decking

Scrub down with solution of soda crystals and hot water.

B-B-Q / Grill / Utensils

Soak utensils in a solution of soda crystals and warm water. Scrub solution on to grill and b-b-q and leave for an hour or so before rinsing.

Tip – leave brushes /sponges soaked in the solution to make scrubbing more effective.

Moss

Sprinkle soda crystals onto rotting leaves, slime etc., and leaved over night. Brush off with a stiff yard brush and plenty of water.

Laundry

Fabric Softener

Use vinegar as a substitute for fabric softener – remember the smell of vinegar will not linger! Put a couple of capfuls of vinegar in the drawer of the washing machine where the fabric softener generally goes.

Add half a cup of soda crystals to the wash – this will soften the water and you won't need to use as much washing powder / liquid!

This is also great for sensitive skin that is allergic to traditional fabric softeners.

Whiten whites!

Mix lemon juice with water to whiten whites and brighten colours in a low degree wash.

Be gone moths!

Instead of using mothballs - Sprinkle a few drops of tea tree oil on a piece of cloth (handkerchief) and leave in the back of the wardrobe.