



## Squeaky Green: Action Plan for Green Cleaning

By Kate Drake and Kate Catlin

### INTRODUCTION

Every day, your school is cleaned thoroughly to keep you safe and healthy. This is done using a myriad of chemicals, many of which have been synthesized by scientists. However, just because these items are killing bacteria and removing dirt does not necessarily mean they are keeping you safe. Instead, they often create a new source of danger by introducing chemicals that you inhale or contact. These chemicals, as well as others from production of other goods, often spread and persist in even remote environments for years.

#### Reasons for green cleaning at your school:

##### ***Benefits for your health:***

- For a summary of the common chemicals in cleaning products and their health effects, see the **Allies and Resources** section.
- Keep custodial workers safe by not exposing them to hazardous chemicals that can burn their skin or hurt their eyes and lungs<sup>1</sup>.
- Reduce the presence of Volatile Organic Compounds, or VOCs, in the air. VOCs come from some cleaning products and most air-fresheners. They can lead to headaches, depression, and loss of focus<sup>2</sup>.
- Childhood asthma rates are increasing (it has jumped by 400% in Canada), which means that more students at your school have more sensitive lungs that will be affected more strongly by fumes from cleaning products<sup>3</sup>.
- According to the EPA these chemicals can impair your performance with the following health effects: eye, nose, and throat irritation; headaches, loss of coordination, nausea; damage to liver, kidney, and central nervous system. Some chemicals are suspected or known to cause cancer in humans<sup>4</sup>.

##### ***Benefits for the environment:***

- The harmful chemicals in cleaning products go down drains and accumulate in our water supply, hurting us and the environment<sup>5</sup>.
- Many cleaning products contain petroleum, a non-renewable resource<sup>6</sup>.
- Carcinogens and other chemicals in cleaning products all eventually end up in the environment, where they are very persistent (in many cases non-biodegradable) and damaging to wildlife and ecosystems and may end up back in your drinking water<sup>7</sup>.

##### ***Benefits for your school:***

- Every time a custodial worker gets injured by chemicals it costs the school an average of \$725. This happens to 6% of workers annually. That means that if your school district has 100 custodial workers, dangerous chemicals could cost your school \$4,350 annually that could be going to textbooks or other school supplies<sup>8</sup>.
- If students can create green cleaning alternatives themselves, it may be cheaper for the school and save everyone money.

## **HOW TO START YOUR CAMPAIGN**

### **Have a Clear, Written Goal**

Goals will provide direction and focus to your group. They will keep you and everyone you work with on track, while providing a way to measure how successful you have been. Choose one from the suggestions below, or write your own.

- ***Ensure that the health and environmental science teachers include green cleaning as part of the curriculum to educate students about the issues associated with non green cleaning.*** There will be no action on this issue unless students and your school understand it!
- ***Train each janitor in green cleaning techniques to reduce product usage overall.*** While you may not be changing the quality of the chemical, at least you can reduce the quantity of how much gets into the school.
- ***Replace six cleaning product in your school with a green friendly product by the end of the year.*** Not all products are created equal! If the project has limited funding, just focus on replacing the six most harmful cleaning supplies.
- ***Have your district administrators enact policy that every school in the district uses green cleaning policies.*** Think big! Make goals like your health depends on them, because it does. Starting with the products in your school is fantastic, but once you have that in the bag expand out to help other students.

### **Key Messages**

You need key messages for your campaign – these will clearly state the problem and a solution to everyone you talk to. Choose two to five that will be understandable to your peers and administrators. Be sure that everyone working on your campaign understands the key messages and is prepared to repeat them. Here are a few suggestions:

- “If it’s green, it can also clean.”
- “Our school should be committed to social justices for all, which includes the health of our janitors.”
- “Every chemical we use in our school inevitably ends up back in our water supply!”
- “Students are not learning at their best when chemicals are contributing to headaches, depression, and loss of focus.”

### **Strategy and Action Items**

The strategy is how you will get from “point A” to “point green.” Without a strategy your efforts will lack significance, so planning out your campaign is important from the get go. Depending on the goal, the best route might be anything from a grassroots petition, multi-media outreach, or education. We’ve provided a sample below, follow along or plan your own:

## SAMPLE SHORT TERM STRATEGY

<b>Action Issue:</b>	<b>Green Cleaning Supplies</b>	<b>Grade Level:</b>	<b>7-12</b>
<b>Goal:</b>	Educate at least 100 students on green cleaning, and have 90% of teachers commit to using green friendly cleaning products in their classrooms.		
<b>Overall Strategy:</b>	Have a Health, Home Economics, or Environmental Science teacher sponsor a green-cleaning education day in class to educate students on the issue of toxic cleaning supplies and the easy solutions. Invite the Principal.		
<b>Total Campaign Length</b>	3 weeks (two in planning and logistics)	<b>Activism Experience Level (1-3):</b>	<b>1</b>

WEEK	FOCUS	WEEKLY ACTION ITEMS	TIPS
<b>1</b>	<p>Educate Yourself</p> <p>Educate Your Teachers</p> <p>Make Contacts</p>	<ul style="list-style-type: none"> <li>• <b>Research</b> what cleaning products are used by your school's janitors and teachers. The most direct way to do this is to talk to your teachers and your school's facilities manager. Be polite and be organized: request a meeting beforehand, explain why you are asking, take notes, and don't be afraid to ask more questions. For information on what products your school probably uses, see the worksheet under "resources" entitled "<i>Chemicals Commonly Found in Your School's Cleaning Products.</i>"</li> <li>• <b>Start in the Classroom</b> by providing your Health, Environmental Science, or Home Economics teacher with a letter explaining why the products he or she uses are problematic both environmentally and from a health perspective (this is assuming that they are; if not, skip this step). Outline several green alternatives and why they would be better. If you want, you can do this in the format of a policy proposal.</li> <li>• <b>Ask for a green cleaning education day</b> in class so students understand the issue as it relates to the teacher's subject. If the teacher says yes, get planning! If the teacher says there's no time, ask for an after school session.</li> </ul>	<ul style="list-style-type: none"> <li>• Start early! These things take a long time to set up and you want time to make sure everything goes smoothly.</li> <li>• Always stay polite and professional during meetings.</li> <li>• When talking to the teacher, offer to run the session or lesson plan. Make this as easy as possible for your dedicated educators.</li> </ul>
<b>2</b>	<p>Logistics, Logistics, Logistics</p>	<ul style="list-style-type: none"> <li>• If the activity is after school and not in class, <b>reach out</b> to the student body to spread the word and ask homeroom teachers to tell students about it. Ask your sponsoring teacher to offer extra credit in her class.</li> <li>• <b>Get your materials ready.</b> Are you buying them? Is the school? Make sure that it gets done.</li> <li>• <b>Run through</b> the lesson and activity before the big day if your teacher is letting you take charge.</li> </ul>	<ul style="list-style-type: none"> <li>• Be excited about this issue, most students are unaware of its existence and will respond in kind.</li> <li>• Expressing the <b>WHY</b> behind what you are doing is immensely important. Otherwise, you will get half the response and results</li> </ul>

		<ul style="list-style-type: none"> <li>• <b>Reach out</b> to an administrator, all teachers and all janitors. Invite them all to attend the green cleaning lesson.</li> <li>• <b>Create</b> a flyer to give to teachers after the cleaning education program next week about alternatives and asking them to commit to green cleaning.</li> </ul>	won't last. Tell it well and the campaign will sell itself.
<b>3</b>	<b>GAME TIME!</b>	<ul style="list-style-type: none"> <li>• See the "Green Cleaning Lesson Plan" on Earth Day Network's website. If you don't have time for the whole lesson and want to <b>simplify</b>: <ul style="list-style-type: none"> <li>• You can start by distributing the "<i>Chemicals Commonly Found in Your School's Cleaning Products</i>," In the resources section (revise based on the talk you had with the janitor)</li> <li>• Next, go over the "<i>Cleaning Products and Their Cost-effective, Safe Alternatives!</i>" worksheet.</li> <li>• Break the class into groups of six, ask them each to create a poster as to why it's important to use non-toxic cleaning supplies. Post them around the school.</li> <li>• End with having students create their own green cleaning products with the "<i>Recipes for Green Cleaning Alternatives!</i>" worksheet.</li> </ul> </li> <li>• <b>Ask</b> attendees to commit to using green cleaning alternatives in their own homes.</li> <li>• <b>Ask</b> the sponsoring and attending teachers to commit to using only green cleaning products in their classrooms.</li> <li>• <b>Thank</b> the involved teacher for sponsoring, the administrators, other teachers, and janitors for attending.</li> <li>• <b>Reach out</b> to other teachers in the school and explain the afternoon's events. Give them a flyer on green cleaning and ask them to also commit to using solely green cleaning products in their classrooms.</li> </ul>	<ul style="list-style-type: none"> <li>• It may take longer than two weeks to arrange the education day, teachers are busy! This may actually fall on week four, five, six...</li> <li>• Keep the lesson fun! Play some music while students are mixing their green cleaning brews.</li> <li>• When talking to other teachers, consider bringing other students with you who also attended the cleaning training to display how much interest there is.</li> </ul>
<b>Beyond</b>	Build Your Movement	<p><b>Possible next steps:</b></p> <ul style="list-style-type: none"> <li>• <b>Keep reaching out</b> to individual teachers; small actions turn into big results if everyone works together and commits to the same green cleaning goal!</li> <li>• <b>Ask</b> attendees to write a letter to the administration about what it would mean to switch to a green alternative.</li> <li>• <b>Take the lesson</b> to other classrooms and more students!</li> <li>• <b>Build on with the following</b> 3 month campaign to switch all toxic cleaning supplies with a green alternative.</li> </ul>	<ul style="list-style-type: none"> <li>• You've got momentum! Take a break, but don't wait too long to start a new project or your energized volunteers will get bored and find something else to do. High school students can be fickle, hold their attention!</li> </ul>

## Expand Your Impact

It's time to get serious – this is three month campaign to replace toxic cleaning chemicals with a green friendly alternative.

CAMPAIGN BACKGROUND			
<b>Action Issue:</b>	<b>Green Cleaning Supplies</b>	<b>Grade Level:</b>	<b>9-12</b>
<b>Goal:</b>	End your school year with 100% non-toxic green cleaning supplies.		
<b>Overall Strategy:</b>	Start with education, hold meetings, and then fundraise or organize “brewing days” of homemade cleaners so your school has no excuse not to use the healthier option.		
<b>Total Campaign Length</b>	4 months	<b>Activism Experience Level (1-3):</b>	<b>2</b>

MONTH	FOCUS	MONTHLY ACTION ITEMS	TIPS
<b>1</b>	<p style="text-align: center;">Educate Yourself</p> <p style="text-align: center;">Build Momentum</p> <p style="text-align: center;">Make Contacts</p>	<ul style="list-style-type: none"> <li><b>Research</b> what cleaning products are used by your school's janitors and teachers. The most direct way to do this is to talk to your teachers and your school's facilities manager. Be polite and be organized: request a meeting beforehand, explain why you are asking, take notes, and don't be afraid to ask more questions. Also analyze storage space and equipment.</li> <li><b>Delegate Leadership</b> to three student leaders. One will coordinate education, one will coordinate volunteer recruitment efforts, and one will be the marketing director for your future “Green Cleaning Business.”</li> <li><b>Coordinate with a teacher</b> to cover green cleaning supplies in class. If the teacher says yes, get planning! If the teacher says there is no in-class time, ask for an after school session (<b>see above</b>).</li> <li><b>Reach out</b> to teachers to ask them to commit to using only green-friendly products in their classrooms on an individual basis. Consider giving them a sticker or poster if they commit (<b>see above</b>).</li> </ul>	<ul style="list-style-type: none"> <li>Make sure you are delegating responsibility to build leadership in your peers!</li> <li>From the very beginning, take yourself seriously. During all interactions with administrators, dress well, speak or write formally, and remember they will respect you only if you respect yourself.</li> </ul>
<b>2</b>	<p style="text-align: center;">Hold a Successful Meeting</p> <p style="text-align: center;">Plan Your Next Steps</p>	<ul style="list-style-type: none"> <li><b>Organize the information</b> by using this page, internet research, and the information you collected at your own school. Create a database, table, or chart outlining the products that you found used in your school. Include what they are called, where they are used, what they do, how frequently they are used, why they are dangerous, and what alternatives there are. This is the first step in working to expand your influence.</li> <li><b>Establish Your Position</b> by crafting a policy proposal that you can give to your school's principal, school board, or anyone</li> </ul>	<ul style="list-style-type: none"> <li>Don't go into the administrative meeting expecting an immediate yes.</li> <li>Never burn a bridge during any meeting. Do not whine, threaten, accuse, or insult. Stay professional!</li> <li>The most likely concern will be funding. See our</li> </ul>

		<p>who may be able to help make a difference. Compare current cleaning products and practices to environmentally preferable substitutes and practices. Write a cost benefit analysis.</p> <ul style="list-style-type: none"> <li>• <b>Request a meeting</b> with your principal to explain your ideas and answer any questions they may have. Make sure that you are well prepared for the meeting with information on costs and benefits of switching to a clean greening program. You can also bring examples of success stories at other schools. Schedule a second meeting at the end.</li> <li>• <b>Involve Everyone.</b> The more people who are invested in a green cleaning program, the more likely it will be established and stick. Create a “Green Team” of all different people who want to be involved, such as other students, teachers, parents, or school board members. A good place to start might be your school’s Parent-Teacher Association.</li> </ul>	<p>fundraising guide, and look at possible grants (see “resources”).</p> <ul style="list-style-type: none"> <li>• Expressing the <b>WHY</b> behind what you are doing is immensely important. Otherwise, you will get half the response and results won’t last. Tell it well and the campaign will sell itself.</li> </ul>
<b>3</b>	<p>Get a Commitment!</p> <p>Make Some Money!</p>	<ul style="list-style-type: none"> <li>• <b>Talk it out</b> in continued meetings with the Principal and addressing concerns. Ask for a commitment – if you could raise money equivalent to the discrepancy in cost, would he or she make the switch to green cleaning alternatives in the school?</li> <li>• <b>Test</b> conventional cleaning products against home-made eco-friendly versions. Create the home made, earth friendly cleaning products in the “<i>Recipes for Green Cleaning Alternatives</i>” document below. Document the results with pictures and videos. Compare and contrast the two products. Showing video would be a great way to inform other students and staff about environmental alternatives and will also help in making a catalog.</li> <li>• <b>Fundraise</b> for this project by quite literally selling your idea. Create a flyer or a catalog and go door to door in your community selling eco-friendly cleaning supplies! For other fundraising ideas, check out Earth Day Network’s fundraising guide!</li> </ul>	<ul style="list-style-type: none"> <li>• Communication is everything! Make sure that you are consistently checking in with your principal or administrators so that everyone is on the same page</li> <li>• When you start fundraising, make sure you have a lot of help! This is where your volunteer coordinator gets a chance to shine.</li> </ul>
<b>4</b>	<p>Make Some (More) Money!</p>	<ul style="list-style-type: none"> <li>• <b>Expand</b> your earth friendly cleaning supply fundraiser! Here’s some steps: <ul style="list-style-type: none"> <li>• <b>Institutionalize</b> the fundraiser by asking the DECA or marketing teacher to make it part of his or her curriculum or learning projects.</li> <li>• <b>Market</b> by putting a notice in the PTSA newsletter about your efforts, and why you are doing it</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Build your volunteer base as you fundraise! This is great experience for anyone who wants to go into business, it will look fabulous on college applications, and it’s for a good</li> </ul>

		<ul style="list-style-type: none"> <li>• <b>Reach Out</b> to local businesses to ask if they will match the money you make or just donate to the cause.</li> <li>• <b>Load up</b> a wagon with supplies and hit the streets! Walk door to door, explain your cause, and sell your product. This also serves as a good way to educate your community on the issue while making money. <b>Always go in a buddy system and make sure someone knows where you are!</b></li> <li>• <b>Apply</b> for grants! Environmental organizations will be impressed by your efforts, it will make your life much easier if you can get funding from one of them. See the 'Resources' section below.</li> <li>• <b>Communicate</b> with the school's administration and cleaning staff. Let them know when you will likely be done fundraising and set a timeline for implementation of the new cleaning supplies.</li> <li>• <b>Schedule</b> when you will work with cleaning staff to educate them on green cleaning products and techniques. This will hopefully be next month, but may be later depending on how fundraising is going.</li> </ul>	<p>cause!</p> <ul style="list-style-type: none"> <li>• If you apply for grants let them know how hard you're working to fundraise! It will definitely impress the organization that students like you are so committed!</li> </ul>
<b>5</b>	Educate Your Cleaning and Grounds Staff	<ul style="list-style-type: none"> <li>• <b>Educate</b> the cleaning staff. Make sure you meet all staff, perform on-site set-up of product/equipment/space, train staff on equipment/products, and Film implementation</li> <li>• <b>Write</b> thank you letters to your administrators. Then have a (green) party for all your dedicated leaders and volunteers.</li> </ul>	<ul style="list-style-type: none"> <li>• Be respectful! Bring thank you cards or treats for the staff so they feel appreciated.</li> </ul>
<b>Beyond</b>	Build Your Movement	<p><b>Possible next steps:</b></p> <ul style="list-style-type: none"> <li>• <b>Clean up</b> other indoor air quality issues through HVAC replacement</li> <li>• <b>Expand</b> to every school in the district, especially the elementary schools where students are especially at risk for respiratory issues aggravated by toxic cleaning products</li> <li>• <b>Build on</b> with another Earth Day Network School greening campaign!</li> </ul>	<ul style="list-style-type: none"> <li>• You've got momentum! Take a break, but don't wait too long to start a new project or your energized volunteers will get bored and find something else to do. High school students can be fickle, hold their attention!</li> </ul>

## ALLIES AND RESOURCES

You can't do it alone! Below is a list of potential allies, research resources, and success stories.

### Potential Allies

- **Your environmental science or biology teacher.** These teachers will quickly recognize the environmental benefits of lowering emissions. They'll be a great source of information, as well as support.
- **Your health teacher.** Who knows better about the benefits of fewer toxins than a health teacher? Get them to help you speak with the administration.
- **Your Principal.** Always try to work with your administration before you work against them. Your Principal could be your greatest ally when talking to district administrators.
- **The PTSA.** These involved and dedicated parents would be wonderful to tap into if your administration is on the fence for changing policy. Parents more than anyone are concerned about the health and safety of their students, and will probably jump to help you if you explain the issue well.
- **The Environmental or Outdoors Club.** These dedicated kids will surely jump in on any campaign to kick carbon to the curb! They'll also be more likely to help you publicize walking to school.
- **The Janitors.** It's their health you're fighting for! You could form a coalition of the environmental club and the janitor's union, if there is one. Get personal testimony from them (possibly anonymous), or a testimony from a concerned spouse or child. These people should be integral in your campaign.

### Resources

- Organizations that provide grants for green schools:
  - [Earth Day Network](#): Provides a Climate Change Educator Grant and a National Civic Education Project grant.
  - [The Discovery Channel](#): for innovative ideas by middle school teachers.
  - [The EPA](#) awards grants to educators who implement environmental education into their curriculum, as your health teacher or marketing teacher may do if you follow the campaign above.
  - [National Environmental Education Foundation](#) offers grants for students for school and community projects
  - [North American Association of Environmental Education](#) offers grants for k-12 school greenings.
  - [Lowe's Charitable and Educational Foundation](#), International Paper and National Geographic Explorer! classroom magazine have partnered to create an outdoor classroom grant program to provide schools with additional resources to improve their science curriculum by engaging students in hands-on experiences outside the traditional classroom.
  - [Foundation Center](#) has general information and links to grants.
  - [School Grants](#) has information and links on grants specific to schools.
- A list of **chemicals found in cleaning products** and their effects is included as a separate document below

- A list of **cleaning products and their alternatives** is included as a separate document below
- A list of **recipes for creating your own cleaning products** is below

## Success Stories

- [Briarcliff Manor Union Free School District](#) Westchester, NY  
Bob Willoughby, Director of Facilities, replaced all toxic cleaning products with one all-purpose green product that dilutes to different concentrations to clean everything in the building, including windows, walls, floors, carpets, desks, bathrooms and cafeterias. The facilities manager describes it as an easy transition, due to enthusiasm of the school community and the helpfulness of the product's manufacturers.
- [Unified School District of DePere](#) DePere, WI  
With the goal of improving indoor air quality, Pat Meyer, Director of Buildings and Grounds, has improved cleaning practices and has helped the school district become the first Green and Healthy School in the state of Wisconsin. Currently they are working on minimizing their chemical inventory and implementing the use of green products as the opportunities arise.
- [Jones College Prep High School](#) Chicago, IL  
Jones replaced 5 toxic cleaning products at the school with one multi-purpose green product. They claim the process was remarkably simple, and remark that they have seen huge savings since converting to green cleaning.

## Chemicals Commonly Found in Your School's Cleaning Products<sup>1</sup>

Ingredients	Risks
Strong Acids and Bases	Cause blindness, damage skin, pH too low or high (respectively) to enter sewer systems.
Solvents	Contain carcinogens (cause cancer) and other poisons that can be absorbed through skin, contribute to global climate change.
Surfactants	Persists in environment, affects animal hormone systems.
Disinfectants (such as bleach)	Burn skin and eyes, some cause cancer, bleach reacts with ammonia to create poisonous chlorine gas.

- Of the 80,000 chemical compounds currently in use, only about .5% of them have been tested to see if they are carcinogens. That leaves 79,600 chemical compounds in use that may or may not cause cancer<sup>2</sup>.
- Antibacterial products are leading to the growth of resistant bacteria and are no more effective than a thorough cleaning with non-antibacterial products<sup>3</sup>.
- Levels of VOCs are typically from 2 to 5 times higher indoors than outdoors, and even higher immediately after the use of cleaning products that contain VOCs<sup>4</sup>.
- Many cleaning products contain a toxic solvent known as butyl cellulose, which can be replaced with grain alcohol. Similarly, plant oils work as well as non-renewable petroleum in detergents and as disinfectants instead of triclosan<sup>5</sup>.
- Green cleaning procedures, even without changing products, can extend the life of your products and reduce irritants in the air<sup>6</sup>.
  - Use cleaning products efficiently to minimize waste.
  - Reduce VOCs in the air by spraying cleaning products directly onto a cloth rather than onto the surface.
  - Use microfiber mops and cloths to reduce the amount of dust and VOCs that escape into the air.
  - Reduce the frequency of stripping and recoating floors by improving daily and routine floor cleaning.

<sup>1</sup> The Green Guide. *Grist. Good, Clean Fun*. Retrieved 30 April 2008, from <http://www.grist.org/advice/possessions/2003/03/18/possessions-cleaning/index.html>

<sup>2</sup> Green Living Journal (2007) *Naturally Clean: A Book for the Generations*. Retrieved 30 April 2008 from <http://www.greenlivingjournal.com/page.php?p=1062>.

<sup>3</sup> Treehugger (2007) *How to Green Your Cleaning*. Retrieved 30 April 2008, from [http://www.treehugger.com/files/2007/01/how\\_to\\_green\\_your\\_cleaning.php#numbers](http://www.treehugger.com/files/2007/01/how_to_green_your_cleaning.php#numbers)

<sup>4</sup> Cember, Susan A. *Action For Tomorrow. Environmentally Enlightened Westchester School Districts with Green Cleaning*. Retrieved 30 April 2008 from <http://www.actionfortomorrow.org/cember.htm>

<sup>5</sup> The Green Guide. *Grist. Good, Clean Fun*. Retrieved 30 April 2008, from <http://www.grist.org/advice/possessions/2003/03/18/possessions-cleaning/index.html>

<sup>6</sup> Healthy Schools Campaign. *Step 3: Adopt Green Cleaning Procedures*. Retrieved 30 April 2008, from [http://www.healthyschoolscampaign.org/campaign/green\\_clean\\_schools/step\\_three.php](http://www.healthyschoolscampaign.org/campaign/green_clean_schools/step_three.php)

## Cleaning Products and Their Cost-effective, Safe Alternatives!

Type of Product	Green Products
All-Purpose Cleaning (Windows, walls, floors, carpets, desks, bathrooms, and cafeteria)	H 2 Orange, Green Unikleen Cleaner Degreaser, Focus MP11 Multi-Purpose Cleaner, Simple Green
Glass, mirror, and porcelain fixtures	Focus GC55 Window Cleaner
Disinfectant and bathroom cleaners	Green Scene Restroom Cleaner
Carpet cleaners	Green Choice Extract Environmental Extraction Solution, HOST Dry Carpet Cleaner Fragrance Free, Johnson Wax Professional Shampoo, Product Central 113 Pre-Spray & Spot Remover
Floor strippers and finishers	Focus FS22 Floor Stripper
Drain Cleaners	Plunger snake, followed by Earth Friendly Earth Enzymes, Naturally Yours Enz-Away
Air Fresheners	Dried flowers, baking soda
Vacuums	Many; list can be found here: <a href="http://www.carpet-rug.org/about-cri/cri-signature-programs/vacuum-list.cfm">www.carpet-rug.org/about-cri/cri-signature-programs/vacuum-list.cfm</a>

(Compliments of New York State) more can be found here:  
<http://www.ogs.state.ny.us/bldgadmin/environmental/ProductLists.html>

## Recipes for Green Cleaning Alternatives!

Be sure to follow safety procedures and wear gloves to protect your hands.

Product	Sample Brand Name	Recipe <sup>7</sup>
Tile/counter cleaner	Fantastik	Combine baking soda and water to form a paste. Scrub onto surface and rinse well with water to prevent leaving a film.
Glass cleaner	Windex	Add one quarter cup of white vinegar to two cups water. Use in a spray bottle if one is available, and wipe off with paper towels.
Copper cleaner	Sur La Table	Take equal amounts of vinegar and salt (starting with very small amounts) and dissolve the salt into the vinegar. Dip in a cloth and rub it on the surface, and rinse well with water afterward.
Wood polish	Pledge	Dissolve one teaspoon olive oil in one half cup white vinegar, rub onto surface with a soft cloth, and polish with a dry cloth.
Floor cleaner	Clorox Disinfecting Floor Cleaner	One tablespoon of white vinegar in 16 ounces of water. The vinegar smell fades away soon after the floor dries.

<sup>1</sup> New American Dream. *Hey Boss, What Did You Put in my Bucket?* Retrieved 30 April 2008, from <http://www.newdream.org/clean/>

<sup>2</sup> The Green Guide. *Grist. Good, Clean Fun.* Retrieved 30 April 2008, from <http://www.grist.org/advice/possessions/2003/03/18/possessions-cleaning/index.html>

<sup>3</sup> CBC Marketplace: Household Cleaners. *If you can't pronounce it, should you use it?.* Retrieved 30 April 2008, from [http://www.health-report.co.uk/toxic\\_household\\_chemicals.htm](http://www.health-report.co.uk/toxic_household_chemicals.htm).

<sup>4</sup> US EPA (2007) *Indoor Air Quality: Basic Information.* Retrieved 30 April 2008, from <http://www.epa.gov/iaq/voc.html#Health%20Effects>.

<sup>5</sup> Ibid.

<sup>6</sup> The Green Guide. *Grist. Good, Clean Fun.* Retrieved 30 April 2008, from <http://www.grist.org/advice/possessions/2003/03/18/possessions-cleaning/index.html>

<sup>7</sup> King County Public Health (2007) *Green Cleaning Methods.* Retrieved 30 April 2008 from <http://www.metrokc.gov/health/asthma/facts/greencleaning.htm>.

AND

The Green Guide. *Good, Clean Fun.* Retrieved 30 April 2008 from <http://www.grist.org/advice/possessions/2003/03/18/possessions-cleaning/index.html>.

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<sup>7</sup> Ibid.

<sup>8</sup> New American Dream. *Hey Boss, What Did You Put in my Bucket?* Retrieved 30 April 2008, from <http://www.newdream.org/clean>