



Little Sisters of the Assumption Family Health Service, Inc.

Environmental Health/Family Asthma Program

GREEN CLEANING PRODUCTS GUIDE

Green cleaning refers to using cleaning methods with environmentally-friendly ingredients and chemicals to preserve human health and environmental quality. Many household cleaning products release toxic chemicals into the air, each time you clean you and your family are inhaling these chemicals.

Here are some suggested safety tips:

- Always read warning labels and directions, to look for signal words that indicate hazards.
- Remember to ventilate.
- Try to keep windows and doors open while cleaning to circulate the flow of air.
- Pregnant women beware. If you are pregnant avoid any exposure to all potentially harmful products.
- Look for the EPA Green Seal of Approval.



DID YOU KNOW?

If you have asthma, the use of some air fresheners may trigger an episode. Try to avoid using synthetic air fresheners. If you must use them, try to use brands that contain low levels of Phthalates, such as Citrus Magic, Febreze Air Effects, Oust, or Renuzit Subtle Air Effects. The safest solution is to open a box of baking soda to absorb the odors.

If you are pregnant, it would be wise to avoid using chlorine bleach as a household cleaner. Bleach gives off fumes that can increase your offspring's risk of developing asthma.

LOCAL AVAILABILITY

Most green cleaning products can be found at local retailers here in East Harlem at prices similar to the more health threatening brands.

All these carry green products such as Clorox Green Works, Nature Source, Seventh Generation, or any labeled with the EPA Seal of Approval.



**American
Outlet**

121st & 3rd



**Food
Choice**

111th & 3rd



CREATE YOUR OWN GREEN CLEANING KIT

Box up all commercial cleansers you have in your cupboard (make sure lids are tight).

- Select durable tools such as cotton cloths, rather than paper towels or disposable wipes and mops.
- Select products which are biodegradable, packaged in recyclable material, not tested on animals and do not contain harmful ingredients such as petrochemicals.
- Choose reputable eco friendly brands like **Nature's Source**, **Clorox Green Works**, **Life Tree** and **Seventh Generation**.



HOMEMADE SOLUTIONS

Protect your health, the environment, and save money!

- Hand-dishwashing liquid soap can be diluted in warm water to make a good all-purpose cleaner.
- Baking soda is a great deodorizer.
- For deodorizing carpets, sprinkle baking soda, let it sit overnight, and vacuum on the next day.
- For preventing clogged drains, pour 1/2 cup of baking soda and 1 cup of white distilled vinegar down the drain, cover with a stopper or plunger, then rinse with hot or boiling water.
- For cleaning glass, use club soda in a spray bottle.
- For cleaning the kitchen, mix baking soda with essential oil and sprinkle where needed, wiping up with a damp sponge.
- Lemon juice and sunlight are nature's most effective stain removers.



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For more information and advice, contact:
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Ask for someone on the Environmental Team.