

# Pantry Staples for Homemade or DIY (Do it Yourself) Cleaning Products

*If you always have these items on hand, you can clean your house on a moment's notice*



**White Vinegar:** A natural disinfectant that helps cut through grease and remove odors.

**Baking Soda (Sodium Bicarbonate):** Mildly abrasive and great at neutralizing odors.

**Hydrogen Peroxide:** A gentle bleaching agent that can tackle stains and kill bacteria.

**Castile Soap:** A plant-based soap that's highly concentrated. Dr. Bronner's is a great product that comes in several different scents. Does a great job taking out oil stains on clothes.

**Washing Soda:** Some DIY recipes call for washing soda. If you cannot find it at the store, you can make it very simply by using baking soda. Recipe: Bake soda at 400 degrees for an hour. Stir it once. Washing soda is flat and grainy.

**Fells Naphta Soap:** Used for over 100 years, it can remove greasy oily stains, perspiration, and ring-around-the-collar.

**Rubbing Alcohol:** Can be used to disinfect surfaces, remove stains, cleaning electronics, and leather. Also, removes stickers.

**Essential Oils:** Peppermint, Lemon, Lemongrass, Eucalyptus, Lavender and Cedar wood have antibacterial qualities.

**Dawn Dish Soap** or your favorite environmentally safe dish soap: Used in many DIY recipes, great at cutting grease. Dawn dish soap used in moderation is said to not harm septic systems as long as it is used in moderation and isn't antibacterial.

**Olive Oil:** while not a primary cleaning agent, olive oil can be used for specific cleaning tasks like removing grease, cleaning certain surfaces and even a skin cleanser.

**Lemon Juice:** A natural and effective cleaning agent due to its acidity and antibacterial properties. It's uses are for removing stains, grease and grime, and even deodorizing.

**Food Scraps:** Citrus peels and herbs are great to use as follows:

- ◆ Soak orange peels, lavender, rosemary, or thyme in vinegar for 2-3 weeks and use the vinegar in your household cleaner. Put cleaners in an industrial spray bottle (these bottles seem to remain unclogged and work for years).