

## References

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Annie Berthold-Bond, Clarkson Potter, 1999

*The Naturally Clean Home: 150 Super-Easy Herbal  
Formulas for Green Cleaning*  
Karen Siegel Maier, Storey Publishing, 2008

## Resources

**Institute for Agriculture and Trade Policy**  
2105 1st Ave. S., Minneapolis, MN 55404  
612-870-3424 | [www.iatp.org](http://www.iatp.org)

**Restore the Earth Cleaning Products**  
79 13th Avenue NE, Minneapolis, MN 55413  
612-331-5979 | [laurie@restoreproducts.com](mailto:laurie@restoreproducts.com)  
[www.restoreproducts.com](http://www.restoreproducts.com)

**Seventh Generation Cleaning Products**  
212 Battery St., Suite A, Burlington, VT 05401-  
5281  
802-658-3773 | [www.seventhgeneration.com](http://www.seventhgeneration.com)

## Provided by your food co-op

### ARKANSAS

**Ozark Natural Foods**  
1554 N. College Ave. • Fayetteville

### ILLINOIS

**Common Ground**  
300 S. Broadway Avenue • Urbana

**Neighborhood Co-op Grocery**  
1815 W. Main Street • Carbondale

### INDIANA

**3 Rivers Natural Grocery**  
1612 Sherman Blvd. • Ft. Wayne

**Bloomingfoods Market and Deli**  
419 E. Kirkwood Ave. • Bloomington  
316 W. 6th St. • Bloomington  
3220 E. Third St. • Bloomington

**Maple City Market**  
314 S. Main St. • Goshen

### IOWA

**New Pioneer Co-op**  
1101 2nd Street • Coralville  
22 S. Van Buren Street • Iowa City

**Oneota Community Co-op**  
312 W. Water Street • Decorah

**Wheatfield Cooperative**  
413 Northwestern Ave. • Ames

### KANSAS

**Community Mercantile**  
901 Iowa St. • Lawrence

### MICHIGAN

**East Lansing Food Co-op**  
4960 Northwind Drive • East Lansing

**Grain Train Natural Foods Market**  
220 E. Mitchell • Petoskey

**GreenTree Cooperative Grocery**  
214 N. Franklin Ave. • Mt. Pleasant

**Marquette Food Co-op**  
109 W. Baraga Ave. • Marquette

**Oryana Natural Foods Market**  
260 E. 10th St. • Traverse City

**People's Food Co-op**  
216 N. 4th Ave. • Ann Arbor

**People's Food Co-op**  
436 S. Burdick Street • Kalamazoo

**Ypsilanti Food Co-op**  
312 N. River St. • Ypsilanti

### MINNESOTA

**Bluff Country Co-op**  
121 W. 2nd St. • Winona

**City Center Market**  
122 North Buchanan Street •  
Cambridge

**Cook County Whole Foods Co-op**  
20 E. 1st Street • Grand Marais

**Eastside Food Cooperative**  
2551 Central Avenue N.E. •  
Minneapolis

**Harmony Natural Foods Co-op**  
117 3rd St. N.W. • Bemidji

**Harvest Moon Natural Foods**  
2380 W. Wayzata Blvd. • Long Lake

**Just Food Co-op**  
516 S. Water Street S. • Northfield

**Lakewinds Natural Foods**  
435 Pond Promenade • Chanhasen  
17501 Minnetonka Blvd. • Minnetonka

**Linden Hills Co-op**  
3814 Sunnyside Ave. • Minneapolis

**Mississippi Market**  
622 Selby Ave. • St. Paul  
1500 West 7th Street • St Paul

**River Market Community Co-op**  
221 N. Main Street, Suite 1 •  
Stillwater

**Seward Cooperative Grocery & Deli**  
2823 E. Franklin • Minneapolis

**St. Peter Food Co-op & Deli**  
119 W. Broadway Ave. • Saint Peter

**The Wedge Co-op**  
2105 Lyndale Ave. S. • Minneapolis

**Valley Natural Foods**  
13750 County Road 11 • Burnsville

**Whole Foods Co-op**  
610 E. 4th Street • Duluth

### NEBRASKA

**Open Harvest Cooperative Grocery**  
1618 South St. • Lincoln

### OHIO

**Phoenix Earth Food Co-op**  
1447 W. Sylvania Ave. • Toledo

### TEXAS

**Wheatville Co-op**  
3101 Guadalupe St. • Austin

### WISCONSIN

**Basics Cooperative**  
1711 Lodge Drive • Janesville

**Chequamegon Food Co-op**  
215 Chapple Ave. • Ashland

**Menomonie Market Food Co-op**  
521 Second Street East • Menomonie

**Outpost Natural Foods Cooperative**  
100 E. Capitol Drive • Milwaukee  
2826 S. Kinnickinnic Ave. • Mil-  
waukee  
7000 W. State St. • Wauwatosa

**People's Food Co-op**  
315 5th Ave. South • La Crosse

**Viroqua Food Co-op**  
609 N. Main St. • Viroqua

**Willy Street Co-op**  
1221 Williamson • Madison  
6825 University Ave. • Middleton

## ALL ABOUT

# Natural Cleaners



[www.strongertogether.coop](http://www.strongertogether.coop)

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**COOP**  
stronger together

## There are alternatives to toxic cleaning products

Some of the worst culprits contributing to environmental pollution are found right under our noses. Petroleum-based household cleaners can contribute to air and water pollution during manufacturing and disposal as well as in our homes. Consumers are sometimes concerned about potential environmental and health problems stemming from their use. There are alternatives to petroleum-based cleaners that are safer, cheaper and just as effective.

Vegetable-based detergents containing acetic or citric acids have been used successfully for centuries, and are based on renewable resources, can biodegrade quickly, and are gentle on the environment.

In addition, consider using safe concentrated cleaning products (usually you need a fraction of the amount you would with other products) and seek out bulk packaging that is environmentally sound and cost-effective.

## The label reader's guide to toxic cleaning product ingredients

**Ammonia** is toxic when inhaled in concentrated vapors and is considered a hazardous waste. Ammonia is found in all-purpose cleaners, glass cleaners, laundry detergents and metal polishers. Chlorinated cleaners can be especially toxic. Some cleaners contain dioxin, a known carcinogen that can build up in the food chain, is stored in fat, and is believed to affect the endocrine system. Chlorinated materials are used in bleach, dishwasher detergent, and toilet bowl cleaners.

### CLEAN AND GREEN HOME

With a minimum of effort, you can easily make your own cleaning products from inexpensive and common household ingredients. Essential oils are an optional addition to homemade cleaning products, and many of them, like lavender and tea tree oil, have antifungal, antibiotic and antibacterial qualities. Essential oils also help you make a naturally-scented cleaning product if you prefer to add their aroma to your household environment.

#### Alice's Wonder Spray™

Use this recipe for sink, tub, toilet, tile and floors.

1/4 cup white vinegar  
2 teaspoons borax  
32 ounces hot water  
1/4 cup liquid dish soap (added last)  
20 drops essential oil (optional)

Dissolve borax in hot water (otherwise the spray will be grainy). Add vinegar, borax and water to a 32-ounce spray bottle. Add the liquid dish soap and essential oil if desired. Shake ingredients to mix.

#### Scouring Powder

1 cup baking soda  
1/4 cup borax  
drops of essential oil of your choice (optional)

Mix baking soda and borax together in a bowl or plastic tub with optional essential oil. You can also put the powder in a shaker and shake onto the surface to be cleaned.

#### Drains

For slow drains, pour one cup each of baking soda, salt and vinegar down the drain. Wait 15 minutes and flush drain with boiling water. Pour boiling water down the drain every two weeks to prevent build up.

#### Glass Cleaner

Add 1/4 cup of vinegar to one quart warm water in a spray bottle. Spray windows, rub with a clean rag and dry with newspapers.

*Your local co-op carries some or all of these pre-made, quality cleaning products. They are made with nontoxic and biodegradable ingredients, and not tested on animals. Some brands offer a wide range of cleaners for the laundry, kitchen and bath.*

#### Ecover

Dr. Bronner's

Citra-Solv

Bi-O-Kleen

#### Seventh Generation

Earth Friendly

Country Save

Lifetree

**Glycol** ether is a central nervous system depressant and can poison the kidney or liver. It is often found in all-purpose cleaners and some laundry detergents.

**Oxalic acid** is caustic and corrosive to skin and mucous membranes. It is commonly added to cleanser, toilet bowl cleaners and metal polishers.

**Petroleum-based detergents** contain neurotoxins and central nervous system depressants. Exotic-sounding chemicals like nonyl phenol and alkyl phenol ethoxylates (APEs) are found in detergents, furniture polish, cosmetics and household cleaners, and contain environmental impurities that contribute to pollution.

**Phosphates** are added to dishwashing and laundry detergents because it acts as a water softener. Phosphates are released into the environment through waste water, and are not removed by sewage treatment systems. Phosphates can cause algae overgrowth and suffocation of aquatic life.

**Sodium Hydroxide** or Lye is in most oven cleaners. It is a corrosive poison and hazardous waste.

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