



# CHEMICALLY CLEVER CLEANING CUPBOARD - ADVISE FOR A KICK START

## - Invest in a doormat

80% of the dirt is said to come through the door. A good quality doormat saves work and chemicals.

## - Minimize the dust

The chemicals of the home is collected in the dust. Vacuum, dry mop or swab with damp. Put the dust in the burnable waste - it is not supposed to be rinsed in the drain! Shake and whip the carpets, wash textiles regularly. Drafts a short moment every day sucks the dust out of the house.

## - Upgrade to environmental friendly and non-perfumed cleaning detergents

The nordic environmental label the Swan is easy to find in ordinary stores, as well as the European Flower label. The professional cleaning companies have several environmentally friendly labels based on different techniques and capacities: ask for advice. Choose the non-perfumed since fragrances could be allergenic.

## - Read on the bottle - use the right dosage

All cleaning detergents puts a strain on the environment, even the more gentle ones. Overdosing raises the risk for remnants to be left on the cleaned surfaces, and for more chemicals to be emitted through the drain.

## - Use the right cloth

Micro fiber cloth of different types lessens the need to use cleaning chemicals in a bottle. Synthetic materials could potentially release micro plastics. One tip is to cut everyday cloth rags from worn towels and save the micro fiber cloth for more demanding cleaning. Take good care of your cleaning tools so that they last longer.

## - Slim your cleaning cupboard & check your pantry

Save money, space and the environment by going for some basic detergents, and the help of traditional tricks. Google **cleaning** and classics like **lemon juice, salt, olive oil, vinegar** and **wine vinegar**.

### **WASHING-UP LIQUID (NEUTRAL AND ENVIRONMENTALLY FRIENDLY) AS ALL-ROUND CLEANING:**

*Some washing-up liquid in a bucket of water will clean most things, at least if the stains are taken care of while they are still fresh! Good to have in a spray bottle in the kitchen. Maybe mix in some vinegar and wash your windows as well: First wash with the liquor and then rub it dry with some newspaper. It will become almost magically sparkly.*

**ENVIRONMENTALLY FRIENDLY SOFT SOAP AS OVEN CLEANER:** *Lubricate the oven using undiluted soft soap. Start the oven on 100°C for about 20 minutes. Let it cool and then dry off the soft soap with a damp cloth.*

**VINEGAR DECALCIFY THE SHOWER & TOILET:** *Mix some vinegar in a bucket of water: decalcifies everything from the shower to the toilet. Glazed tiles are wiped with water and washing-up liquid first, in order for the grout to be saturated with water before you, for instance, spray on the vinegar liquor. Make sure to ventilate during the cleaning!*

**BICARBONATE AS A DRAIN CLEANER:** *Pour 1/4 of a cup of sodium bicarbonate in the drain, followed by 1/2 cup of vinegar. When the fizz has stopped, rinse with hot water. (Bicarbonate is not the same as baking powder. Bicarbonate is just one of the ingredients in baking powder.)*

