

# ZERO WASTE CLEANING



## Tools:

- Spray Bottle

- Rag/reusable cloths
- Old tooth brush

- Wooden brush
- Gloves

## Ingredients:

**Bi-carbonate soda** – works as a mild abrasive, helping to gently scrub things. Benefit is it won't scratch or damage most delicate surfaces. Removes smelly odours, great stain remover, can soften loads of laundry.

**Castile Soap** – a plant oil based soap, that can be used to clean almost anything in your home. Diluted liquid castile soap can be used as an all-purpose cleaner. Liquid castile soap is an excellent degreaser.

**Citric Acid** – an acid that reduced water hardness and creates foam, making it especially useful in soaps, laundry detergents and as a cleaning agent. Since it's a natural preservative it prevents water hardness, its chemical composition helps get dirt and grime off surfaces and out of clothing. Citric acid also prevents water spotting and hard water film. Citric acid is also antibacterial and antiseptic. It works great on most surfaces and even hard to clean areas.

**Essential Oils** – helps add a pleasing scent.

**Lemons & Lemon Juice** – a natural bleach, especially when combined with the sun. Natural degreaser, which comes in handy with dishes and ovens. Great for scrubbing copper bottom pots, shower screens.

**Salt** – an abrasive solution for scrubbing. Use salt to get rid of rust and mildew. Helps polish copper and silver.

**Vinegar** – can be used as a fabric softener in the rinse cycle of your washing machine. Makes a great all-purpose cleaner. Mopping with vinegar is an inexpensive way to keep your floors clean. Great stain remover. Combined with baking soda makes a great foaming toilet cleaner.

## Recipes:

### All-Purpose Surface Cleaner

- 1 cup boiled water
- 1 cup white vinegar
- ½ lemon juiced (optional)
- 20 drops essential oil (lavender, peppermint or orange)

Pour all the ingredients into a 500 ml spray bottle (use a funnel if need). Gently shake the cleaner. This cleaner will need to be stored in the fridge between uses due to fresh lemon juice.

DO NOT use vinegar cleaner on marble or granite as it can etch the surface



### Castile Soap Surface Cleaner

For Marble Granite Surfaces:

- 2 Cups boiled water
- 2 Tablespoons Castile Soap
- 20 drops essential oil (optional)

Pour the water into a 500 ml spray bottle (use a funnel if need) Add the castile soap and essential oi. Gently shake the cleaner, This cleaner may be stored at room temperature.

### Sinks, Baths, Oven & Stove Tops

- Sprinkle Bi-Carb Soda over area
- Squeeze lemon juice
- Soak for 10 minutes
- For an abrasive add salt to top of lemon half and rub to remove all scum.
- For stubborn areas use steel wool

### Toilet Cleaner

- Sprinkle Bi-Carb Soda over area
- Spray with vinegar and lemongrass oil or lemon juice
- Leave 10 minutes
- Wipe down for a perfectly clean bowl

## Natural Mould Killer

- 4 Litres of Hot Water
- 1 Tablespoon Bicarb Soda
- ½ cup of White Vinegar
- ¼ teaspoon clove bud oil
- 500 ml warm water

Firstly mix 1 tablespoon of bi-carb soda and ½ cup of white vinegar into 4 litres of hot water.

Clean the area down giving it a quick scrub to remove any other contaminants such as soap that might protect the mould from the next step.

Mix ¼ teaspoon of clove bud oil with 500ml of warm water, place in a spray bottle and spray the mouldy surfaces.

Leave for 20 minutes – the mould spores will be activated and looking for moisture, wipe down the sprayed surfaces and then re-spray and leave it to kill the mould for between 24/48hours, where the mould spores will dry out and fall off.

\*This mix will kill the mould present at the time of spraying, but if the root cause is not fixed, mould will be back! Sunlight and good ventilation are the best preventative measures to use.



## Natural Toilet Fizz Bombs

- 1 cup of bi-carbonate soda
- 1/3 cup of citric acid
- 2 cap lids eucalyptus oil
- 40/60 drops of peppermint and/or lemon oil

In a bowl add 1 cup of bi-carb soda and 1/3 cup of citric acid. Then add essential oils to the consistency where ingredients stick together with your fingers. Add 2 caps of eucalyptus oil and between 40/60 drops of peppermint and lemon oil (all antibacterial). Press ingredients down into silicon ice block trays and leave to set overnight. Store in a jar out of reach of children.

## Glass cleaner

- 1 cup of warm water
- ½ cup vinegar
- ¼ cup lemon juice
- Dry cloth

Newspaper is very effective to clean glass

## Homemade Laundry Powder

- 250g ground coconut soap
- 400g salt (finer the better)
- 2 tablespoons of essential oils (optional)
- 500g Natural Borax
- 500g Washing Soda (Sodium Carbonate)

Add all ingredients to a large bucket and mix until thoroughly combined.

Store in an airtight container to prevent clumping.

Add 1-2 Tablespoons to each wash.

Replace fabric softener with white vinegar and a few drops of eucalyptus essential oil.

Produces 1.7 kg which is around 75 loads of washing



## Descaler

Soak a rag in pure lemon juice then wrap rag around taps, shower head. Leave for couple of hours then scrub.

## Kettle

Pour white vinegar into kettle and equal parts water, fill the kettle  $\frac{3}{4}$  full. Bring to boil and allow to cool. Drain water, rinse several times. Boil again so no after taste.

## Hand Sanitiser

- 1 tsp Aloe Vera
- 2 tsp Witch Hazel
- 15-20 drops essential oil  
(Tea tree, lavender, lemon, orange, eucalyptus and rosemary are antiseptic, antiviral and antibacteria)

Put in a 2oz glass spray bottle with filtered water

# MY 3 BINS CLEANING GUIDE

## FOGO (Food Organics Garden Organics)

- Paper towel
- Cardboard boxes and paper
- Tissues
- Shredded paper
- Certified Compostable bags only  
– *no plastic bin liners please*
- Laundry lint
- Hair
- Ashes – not hot
- Animal dropping
- Newspapers (plastic sleeves removed)
- Junk mail
- Certified Compostable coffee cups

## Recycling

Keep it loose, keep it clean, plastic bag free

- Plastic bottles coded numbers 1-6
- Detergent bottles (*empty, rinsed and dry*)
- Glass Bottles and Jars
- Office paper A5 size or larger (*clean and dry*)
- Tins and cans



## Landfill

- *Soft Plastics \*\* see below*
- *Plastic bags \*\* see below*
- Baby wipes
- Cloth wipes
- Dusters
- Triggers and pumps
- Rubber gloves
- Takeaway coffee cups  
(*non-compostable*)
- Silver lined long life/ tetra



## McCombe Road E-waste and Household Hazardous Waste Drop Off Centre

Open Tuesday, Thursday & Saturday 10:30 am to 2:30 pm

- Household cleaning chemicals such as kitchen, bathroom and ammonia based products
- Pool and Garden chemicals, fertilisers and acids
- Batteries
- Fluorescent light globes
- Aerosol cans
- Vacuum cleaners

If it has this logo, it's good for FOGO

Certified Compostable



**\*\* SOFT PLASTICS can be REDcycled via participating supermarkets**

We prefer that you do not use bin liners in any of our Bins

Bin Liners get stuck or tangled in machinery

Bin Liners contaminate Recycling and FOGO bins  
(as they cannot accept soft plastics)