



# EWG'S GUIDE TO HEALTHY CLEANING

## TIPS FOR GREENER CLEANING

[www.ewg.org/guides/cleaners](http://www.ewg.org/guides/cleaners)



Many manufacturers of household cleaners do not disclose all ingredients on product labels, making it virtually impossible for consumers to choose safer products. **That's why EWG developed the Guide to Healthy Cleaning.** It rates cleaning products on ingredient hazards as well as disclosure.

**FIND BETTER PRODUCTS HERE**

[www.ewg.org/guides/cleaners](http://www.ewg.org/guides/cleaners)

## AVOID THESE THREE CLEANING PRODUCTS

### ANTIBACTERIAL CLEANERS

No added protection against illness; contain pesticides. Try ordinary cleaners free of antibacterial pesticides.

### AIR FRESHENERS

Can contain dozens of undisclosed and often untested chemicals. Open windows, use fans and try baking soda instead.

### DRAIN CLEANERS

Contain extremely toxic chemicals. Use a drain snake or make fizzy drain opener with 1/2 cup vinegar and 1/2 cup baking soda.



## WHAT THE LABEL DOESN'T TELL US

It would be easier if all ingredients were listed on the label. But they're not. Check for warnings and ingredients, not marketing claims.

## SKIP PRODUCTS CONTAINING

Ammonia, 2-butoxyethanol, chlorine bleach, ethanalamines, "Active ingredients" such as ADBAC, benzalkonium chloride, ingredients with names including "-monium chloride" or triclosan

## MORE USEFUL TIPS FROM EWG

 [ewg.org/signup](http://ewg.org/signup)

 [facebook.com/ewg.org](https://facebook.com/ewg.org)

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# SAFER DIY ALTERNATIVES

SKIP STORE-BOUGHT CLEANERS AND  
MAKE YOUR OWN WITH:

White vinegar

Baking soda

Lemon juice

Fragrance-free liquid soap or dish detergent (not antibacterial)

Washing soda (wear gloves when using this ingredient)



# TOOLS OF THE TRADE

ANY CLEANER WORKS BETTER WITH:

Microfiber dust cloth or mop

Abrasive scrub brush or sponge

Squeegee for showers and windows



## EWG'S TOP TIPS

### ALL-PURPOSE CLEANERS

#### Homemade

Mix hot water with 1/2 teaspoon of washing soda and 1/2 teaspoon of liquid soap or dish detergent.

#### Skip It

"Antibacterial" cleaners contain pesticides and aren't needed for household cleaning.



### KITCHEN

#### Homemade

Grease-fighting surface cleaner: Mix vinegar and salt.

#### Skip It

Caustic oven cleaners can damage skin, eyes and lungs.

#### Try It

Sprinkle baking soda on oven stains. Moisten with water, let stand overnight, wipe and rinse.

### BATHROOM

#### Homemade

Soft scrub for bathroom surfaces: Wet 1/2 cup baking soda with a little liquid soap to get a frosting-like consistency.

#### Skip It

Chlorine bleach is a common but harsh ingredient.

#### Try It

For stubborn stains, try oxygen (color-safe) bleaches. Wear gloves.

### LAUNDRY

#### Skip It

Fabric softeners and dryer sheets coat fabric with asthma-causing "quat" and secret "fragrance" chemicals.

#### Try It

Add vinegar to the rinse cycle to prevent static cling, soften, brighten and reduce strong odors.

Use EWG's Guide to Healthy Cleaning to find better products:  
[www.ewg.org/guides/cleaners](http://www.ewg.org/guides/cleaners)