

HEALTH & SAFETY

Homemade Cleaners for Better Indoor Air



The U.S. Environmental Protection Agency (EPA) indicates that people spend approximately 90% of their time indoors. Therefore, the risks to health may be greater due to exposure to indoor air pollution than outdoor pollution. Home decorating and cleaning products can provide the largest part of volatile organic compounds (VOCs) or “off gas” inside, which is among the top contributor to indoor air pollution.

According to the Agency for Toxic Substances and Disease Registry (ATSDR), children are more sensitive than adults to chemical exposure because (1) they are more likely to breathe dust and some vapors because they are closer to the ground, and (2) they are more likely to put their hands in their mouths.

So, why not mix up your own cleaning products with your children? Not only will they improve your indoor air, these products will be safe for your children to use, and they will be able to contribute to the household chores! Creating products with natural sources will provide a healthier alternative to chemical cleaners and air fresheners, and will save you money too!

First, pick a type of cleaning product you would like to make with your children (see recipes below). Next, find an old cleaning container or spray bottle to store the new cleaning product. Be sure to rinse it out and label it with the new name so there isn't any confusion as to what the bottle contains. Gather all the necessary ingredients (you may already have these materials in your pantry). Have a bowl, a funnel, measuring cups and spoons on hand for your children to assist with the measurements.

Bathroom Cleaner

1 2/3 cups baking soda, 1/2 cup liquid soap, 1/2 cup water, 2 tablespoons white vinegar, and 1

clean 16-ounce squirt bottle with closing cap. Mix baking soda and liquid soap in a bowl. Dilute with water and add the vinegar. Stir the mixture with a fork until any lumps have been dissolved. Pour the liquid into the bottle. Shake well before using. Squirt on area to be cleaned.

Kitchen Cleaner

Mix 1-quart water, 2 drops rosemary essential oil and 4 drops lemon essential oil. Shake and use in a spray bottle.

Window Cleaner

2 cups water, 1 cup white distilled vinegar and 1 teaspoon of liquid soap or detergent. Add to a spray bottle.

Air Freshener

Use 30-40 drops of essential oils to 16 oz. of water. Pick your favorite scent. Use any of the following: geranium, lavender, frankincense, mint, rose, sandalwood, rosemary, vanilla, sweet orange, tea tree, cinnamon, lemon, or thyme. Essential oils can be purchased for approx. \$5 at Health Food stores.

Here are some additional ways to improve your indoor air quality:

1. Use Low or No VOCs paint products (found at most home improvement stores).
2. Refrain from applying nail polish inside.
3. Buy house plants that are safe for your pets (they help purify our air).
4. Leave your shoes at the door.
5. Open up your windows and let pollutants out.
6. Wash bedding in hot water once a week to reduce dust mites. 🌿

Tyler Wood
Director of K-12 Education, Green Team Project
www.greenteamproject.org

FROM PRE-K TO PRINCETON
College Preparatory ■ Christian Principles
Competitive FHSAA Sports ■ Fully Accredited

PROVIDENCE SCHOOL
Boldly Christian. Unquestionably Academic.

904.223.5270 www.prov.org

Book your event
by October 31st and
get \$99 an hour
2-hour minimum

Call 434-6866
or visit
www.airtatbodyart.com
Airtats last up to one week!

GYMNASTICS UNLIMITED
Building Champions from the Inside Out

Become a part of our GU family!

- ★ Competitive Gymnastics
- ★ Recreational Gymnastics
- ★ All-Star Cheer Competitive Team
- ★ Tumbling
- ★ Parents and Tots
- ★ Open Gym and Parents Night Out
- ★ Birthday Parties

Call now for a FREE trial class
(904) 783-8043
www.gymnasticsunlimitedfl.com

