

Non-toxic Cleaning Supplies

Cleaning Products and Toxicity: What You Should Know.

Few things feel better than a clean home. But the products you are using to rid your space and clothes of germs, odors, and harmful bacteria may contain chemicals that can cause serious disease. According to the Environmental Working Group (EWG), many common cleaning products contain toxins linked to asthma, cancer, reproductive toxicity, hormone disruption and neurotoxicity.

Luckily, there are dozens of safe products already on the market, and some that you can easily make at home. We determined the suggestions below using the EWG website: ewg.com. View their website and see safety ratings for thousands of cleaning products!

Common Items:

Bleach:

Avoid: Clorox Bleach



Bleach:

Better: Seventh Generation Chlorine Free Bleach, Free & Clear Earth Friendly Products OXO Brite Non-Chlorine Bleach



Bleach:

Best: Distilled White Vinegar, for an even more clean option. You can add tee tree oil or lavender oil for clean, fresh fragrance.



All Purpose Cleaners:

Avoid: Scrubbing Bubbles



All Purpose Cleaners:

Better: Green Shield Organic Bathroom Cleaner



All Purpose Cleaners:

Best: Combine vinegar & baking soda



Air Fresheners:

Avoid: Febreze room spray



Air Fresheners:

Better: Aura Cacia Aromatherapy Mist in Ginger Mint, Eucalyptus Harvest, Peppermint Harvest, or Tangerine Grapefruit



Air Fresheners:

Best: Use distilled water and a few drops of essential oils to freshen up your room

