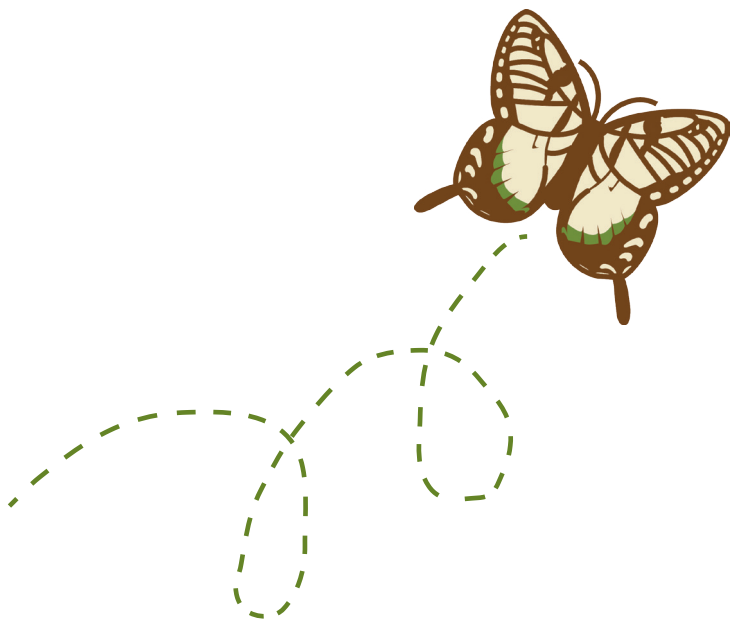




Miami County Park District

GREEN, MONEY-SAVING HOUSEHOLD TIPS

Miami County Park District
2645 E. St. Rt. 41
Troy, Ohio 45373
(937) 335.6273
MiamiCountyParks.com



Help keep your drinking water clean.
Protect your watershed!

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Shopping List

White Vinegar

Baking Soda

Corn Starch

Garlic

Onions

Cayenne Peppers

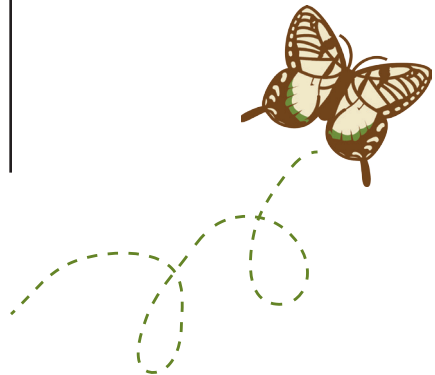
Borax (toxic if ingested)

Lemon Juice

Mild Liquid Soap (not detergent)

Non-Chlorine Scouring Powder
(no sodium hypochlorite – e.g. Bon Ami)

Reusable Steel Wool
(not commercial cleaning pads that
contain toxic cleaners)



How to Make Natural Disinfectants

By Elizabeth Leigh, eHow Member

- Step 1** Vinegar is an excellent disinfectant. Undiluted distilled white vinegar (5% solution) - the kind you can buy in the supermarket - kills 99 percent of bacteria, 82 percent of mold, and 80 percent of germs (viruses). Just keep a spray bottle filled with vinegar in your kitchen, bathroom or anywhere you may need to kill germs, for a quick and easy way to disinfect surfaces. Don't worry, your home will not smell like vinegar because the smell dissipates as the vinegar dries. However, you can add your favorite essential oil if desired.
- Step 2** While vinegar is a very effective natural disinfectant on its own, some studies have shown that using undiluted vinegar followed by 3% hydrogen peroxide is more effective than either one alone. Keep the liquids in separate spray bottles and use them one at a time. It doesn't matter which one you use first.
- Step 3** Borax has long been recognized for its disinfectant and deodorizing properties. Mix 1/2 cup Borax into 1 gallon hot water or undiluted vinegar and clean with this solution. You could also mix 2 tablespoons Borax, 1/4 cup lemon juice and 2 cups hot water together in a spray bottle. This is a great natural all-purpose cleaner and disinfectant.
- Step 4** Tea Tree oil contains terpenes and other phytochemicals that are powerful antiseptics and fungus killers. Tea Tree oil can be found at health food stores, but should not be taken internally. Mixing a few drops of tea tree oil with some water in a spray bottle can clean mold in the bathroom, disinfect the floor after the dog has an accident, or can clean up after your child has been sick. Add a few drops to a spray bottle filled with water and a few tablespoons of baking soda and Borax for a good cleaner/ disinfectant for counters and sinks.

For more information see www.ehow.com

Recipes

All Purpose Cleaner

- 2 Tbsp. Baking Soda
- 16 Oz. of Warm Water
- Squeeze of lemon juice or splash of vinegar to cut grease

In spray bottle, dissolve baking soda in warm water and then add lemon or vinegar. Give the bottle a swirl and it is ready to use.

Window Cleaner

- ¼ Cup White Vinegar
- 1 Quart of Warm Water

In spray bottle, combine white vinegar with warm water. Swirl vinegar with warm water. Swirl the bottle to mix and it is ready to use

Tub, Sink & Tile

- White Vinegar
- Baking Soda

Wipe the area to be cleaned with vinegar first and then follow with baking soda as a scouring powder. Rinse with water.

Toilet Bowl Cleaner

- 1 Cup Borax
- ½ Cup White Vinegar

Sprinkle in 1 cup of Borax. Add ½ cup of white vinegar to the bowl. Scrub with toilet brush. Repeat if necessary.

Laundry Detergent

- 1 Cup Baking Soda

Place 1 cup of baking soda in washing machine per load.

Bleach Substitute

- ¼ Cup Borax
- 2 Cups Water

Mix Borax and water in a container to use as bleach substitute when washing laundry.

Oven Cleaner

- 2 Tbsp. Liquid Soap (not detergent)
- 2 Tbsp. Borax

In spray bottle, mix liquid soap and Borax. Fill bottle with warm water. Make sure salts are completely dissolved to avoid clogging nozzle. Spray on surface, leave for 30 minutes, then scrub with steel wool and a non-chlorine scouring powder.

Unclogging Drains

- Baking Soda
- White Vinegar

Pour some baking soda and white vinegar down clogged drain. A chemical reaction will create pressure in the drain and dislodge the obstruction. Alternative options: use a plunger or drain snake.

Fabric Softener

- 1 Cup White Vinegar

Place 1 cup vinegar in rinse cycle of laundry.

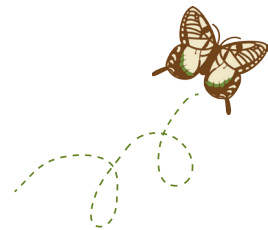
Weed Killer

- Water
- Vinegar

Boil 1 liter of water and add 2 Tbsp of vinegar. Pour directly on weeds while hot.

Lawn Fertilizer

Use a no-phosphorus lawn fertilizer. If spilled on driveway or sidewalk, sweep up immediately. Also, use slow-release organic fertilizers instead of inorganic products.



Insecticide One

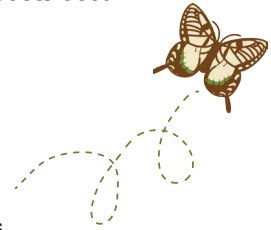
- Liquid Soap
- Water

Spray soapy water on leaves, then rinse with water.

Insecticide Two

- Garlic
- Liquid Soap
- 2 Whole Cayenne Peppers
- 1 Large Onion
- 1 Gallon Water

Pulverize the following in a blender: soap, 2 whole cayenne peppers, 1 large onion and a whole bulb of garlic with a little water. Cover this with a gallon of water, let stand for 24 hours, and strain. Spray daily on roses, azaleas and vegetables. Don't throw excess away; bury it among plants where insects occur.



Top 10 Riversmart Tips

Repair leaky faucets and toilets right away.

Turn off the tap while brushing your teeth and washing the dishes.

Run the washing machine and dishwasher only when they are fully loaded.

Dispose of household cleaners, paint and other chemicals safely.

Sweep off- instead of hosing – the driveway, patio or sidewalk.

Install water-saving shower heads and high-performance, low-flush toilets.

Fix car leaks promptly.

Take care when changing your car's motor oil and dispose of the oil safely.

Water your lawn and garden only in the morning or evening.

Buy and use environmentally friendly products.

Gardening Tips

- Landscape with native plants, instead of grass, to reduce your yard's water needs. Native plants require less water. They also attract birds and butterflies.
- Use mulch around your plants and shrubs as it helps lock in moisture, slows water evaporation and keeps roots cooler.
- Eliminate or minimize pesticide use.
- Collect water in rain barrels throughout the year and use it to water your garden in the dry months.
- Try a push mower. It's better for the environment.
- Start a compost pile.
- Select porous products for your driveway, yard and landscaping.
- Plant a tree to prevent soil erosion and filter pollutants from water run-off. It also makes great habitats for birds.
- Pull weeds, rather than using chemicals.
- Pick up yard and lawn debris.
- Minimize mulch use as it can clog storm drains and increase flooding.
- Plot your garden before planting to save additional work and water.
- Avoid landscaping plastic as it limits absorption of water into the soil. Use natural ground covers instead.
- Stabilize your soil by planting native vegetation or other ground cover.
- Turn off the hose after watering.
- Dispose of chemicals properly to keep them from ending up in our rivers and streams.

Resources

www.ems.org

www.es.epa.gov

www.thensome.com

Minnesota Urban Small

Community Recycling Resources

Many organizations offer recycling and donation-for-reuse programs at no charge. By donating or recycling your household items, you'll help to reduce the amount of waste headed for the landfill!

Aluminum Cans:

You can recycle cans curbside or take them to the Miami County Recycling Center. Several local charities and fire departments also accept aluminum donations. Try the Miami County Shriners or your local fire department.

Books:

Check with your local library – many accept book donations. There are also donation bins in several Miami County locations for Better World Books, a literacy organization.

Cell Phones:

Several local stores accept cell phones to recycle. The Miami County Sheriff's Department collects cell phones for their Cell Phones for Seniors program; cell phones can be dropped off at the Sheriff's office or at the Miami County Sanitary Engineering Department.

Clothing:

Goodwill, New Path Outreach, Partners in Hope and the Salvation Army collect used clothing. And, check with local churches; many collect clothing for family shelters and other organizations. There are also many clothing drop-off bins from other organizations in Miami County such as Planet Aid and Mercy among others.

Electronics:

Contact your local Goodwill store to learn about the Reconnect Program. Goodwill and Dell have a partnership for recycling computers and other electronic items. The Goodwill stores in Troy and Piqua take these items. Cathode Ray Tube TVs are not accepted at this time. The Miami County Sanitary Engineering Department also offers a drop-off for electronics annually.

Furniture:

If the furniture is in good shape, check with local organizations such as Goodwill, Salvation Army, Habitat for Humanity Re-Store and the Family Abuse Shelter.

Scrap Metal (Ferrous Metal, Steel):

Try contacting one of our local metal recyclers: Urban Elsass is located in Piqua; Cohen Recycling in Tipp City, and Polings's Auto Parts are located in Troy.