

A close-up photograph of a coiled metal scrubber, likely made of stainless steel, resting on a light-colored wooden block. The scrubber is tightly coiled and shows some signs of use. In the background, a green brush with bristles is visible, slightly out of focus. The overall scene is set against a dark, solid background.

Easy Homemade Kitchen Cleaners

Why Homemade?

Today's household cleaners aren't very clean. They're full of toxic chemicals that have been linked to variety of medical conditions from asthma to ADHD, cancer and blindness.

Fortunately, none of those chemicals are necessary for a clean kitchen. And you don't need to replace them with expensive cleaners, either. In fact, the most safe and effective ingredients are probably already in your cabinets!

The three fundamental ingredients for home cleaning are vinegar, lemon juice, and baking soda. Small amounts of plant-derived essential oils can be used to boost antibacterial properties or add a nice aroma to of any of these cleaners.

Using non-toxic cleaners can give you deep satisfaction in knowing that you're keeping your family safe in the best way possible, and that you're creating a home that's truly a safe haven.

All Purpose Disinfectant

Mix together 1 cup filtered water, 3/4 cup white distilled vinegar, 2 teaspoons rubbing alcohol, 8-10 drops essential oils of choice: (thyme, tea tree, lavender, oregano, clove, rosemary). Add to a new clean, unused spray bottle.

Tile or Linoleum Floors

Add 1/4 cup vinegar to a bucket of water. Add 5-10 drops of lemon, pine, spruce, and rosemary essential oils (optional).

Countertops

For a mild abrasive, mix together baking soda and liquid soap (like Dr. Bronner's) until you have a consistency that works for the surface you're cleaning. Make only as much as you need as it does not keep well. Apply with a sponge and wipe off.

Ovens

Sprinkle water generously over the bottom of the oven, then cover the grime with enough baking soda that the surface is totally white. Sprinkle some more water over the top. Let the mixture set overnight. You can easily wipe up the grease the next morning because the grime will have loosened. When you have cleaned up the worst of the mess, dab a bit of water or soap on a sponge, and wash the remaining residue from the oven.

Microwave Ovens

Make a paste of 3-4 tablespoons baking soda mixed with water, and using a sponge, scrub as needed. Rinse with a clean sponge.

Cutting Boards

It's not true that wood cutting boards harbor more germs than plastic ones. In fact, they've shown to have less germs than many plastic types. Disinfect either kind of cutting board by washing them with soap and water and then spraying them with a vinegar and/or hydrogen peroxide solution. Air dry. To remove stains, make a paste with baking soda, scrub with a sponge, and rinse.

Sink Drains

To degrease drains, pour 1/2 cup of baking soda down the drain followed by 1 cup vinegar. Let bubble for 15 minutes and then pour at least 1 quart of boiling water down the drain. For trouble drains, repeat or let the baking soda & vinegar sit overnight.

Glass Cleaner

Mix 1/4 to 1/2 teaspoon liquid detergent (like dish soap) with 3 tablespoons vinegar and 2 cups of water and pour into a spray bottle. Use newspaper instead of paper towels for a streak free shine. Or make a paste with baking soda and water, gently scrub, and rinse with water using a lint free cloth.