

INSTRUCTIONS:

1. Cut along outside line.
2. Fold along middle line.
3. Fold into fourths.



EWG'S GUIDE TO HEALTHY CLEANING

Tips for Greener Cleaning

ewg.org/guides/cleaners



Many manufacturers of household cleaners do not disclose all ingredients on product labels, making it difficult 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

ewg.org/guides/cleaners

Avoid These Three Categories

BLEACH AND QUAT-BASED DISINFECTANTS

Sodium hypochlorite – found in chlorine bleach- and quaternary ammonium compounds, also called quats, are linked to respiratory harm and other serious health effects.

AIR FRESHENERS

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

CAUSTIC DRAIN CLEANERS

May contain extremely toxic chemicals. Use a drain snake or make a 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 required to be listed on the label. But they're not. Check for warnings and ingredients, not marketing claims.

SKIP PRODUCTS CONTAINING

ammonia; EDTA; ethanolamines and alkanolamide surfactants; glycols, glycol ethers and esters; isothiazolinones; optical brighteners; per- and polyfluorinated compounds, or PFAS; petroleum distillates; phosphates and phosphonates; polyacrylates

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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:

Machine-washable cloth or mop head



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

Hydrocarbon, glycol ether or aromatic solvents – grease- and soil-dissolving chemicals linked to carcinogenicity, neurotoxicity and/or respiratory toxicity.



Kitchen

HOMEMADE

Grime-fighting surface cleaner: Mix vinegar and salt into a paste.

SKIP IT

Some oven cleaners are capable of burning 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. When inappropriately mixed with acids or other cleaners, it can form a poisonous gas.

TRY IT

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

Laundry

SKIP IT

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

TRY IT

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

Use EWG's Guide to Healthy Cleaning to find better products: ewg.org/guides/cleaners