



Cleaning with a Conscience

information from Earth Share, Environmental Hazards Mgmt. Institute, & N J Dept. of Environmental Protection

Planning to refinish some furniture this spring? Use water-based or vegetable-based paints, stains, and varnishes. Remember; don't wash paint thinners, household cleaners, oil, or pesticides down the drain. Instead, use them up or give leftovers to friends or a charity. Also, don't forget to go to the next **Household Hazard Waste Clean up Days!** You can find the dates by clicking on **Spring Cleanup on our website** or clicking the link for Cumberland County Improvement Authority, then click on **Clean up days.**

Adding new color to your walls this spring? When painting, don't sand or burn off paint that may contain lead. Lead particles in the paint could cause lead poisoning. If your paint is peeling, use a wet sponge or mop to clean up the debris instead of sanding. Never vacuum the dust or chips from lead paint; it will only disperse more lead dust into the air.

Getting rid of junk in your garage or attic? Hold a yard sale or talk to neighbors & organize a community yard sale. You'll increase neighborhood relationships, earn extra cash, & help the environment at the same time. If a yard sale seems too much work, donate your stuff to local nonprofit thrift stores. Some stores in our area: **Twice Loved** (benefits Hospice) 1103 S. Delsea Dr.; **Salvation Army**, 2279 S. Delsea Dr.; **Goodwill**, 2120 N. Delsea Dr.; **The De Paul Center** (Catholic Charities), 810 E. Montrose; **A Company of Angels**, 521 Harvard St.

Does your water bill seem high? Wasted water hurts the environment & your checkbook. Always fix leaky faucets in your house. Often a five-minute project can save gallons of water. You can also place a large rock in a toilet's tank to save water when flushing. Be sure to check hoses & sprinklers periodically and fix leaks.

We spend hundreds of \$\$\$ a year on cleaning supplies. This spring, make your own cleaning agents with recipes from Earth Share, Earth Ways & Environmental Hazards Mgmt. Institute, nonprofit environmental organizations. The recipes are friendly to the environment and bank account. A few are listed below:

- **Countertops, cupboards, and walls** - Dip a cloth in warm water, then add dish soap and baking soda (the baking soda serves as a soft abrasive to remove tough spots and light scratches).
- **Air fresheners** - Simmer a small amount of cinnamon, orange peel, and cloves on the stove to give off a pleasant fragrance in your home.
- **Glass cleaner** - Mix 2 tablespoons borax or washing soda with three cups of water for sparkling windows and mirrors or just plain white vinegar in a spray bottle.
- **Carpet freshener** - Sprinkle baking soda (2/3 cup covers 9'x12') on the carpet and vacuum.
- **Mothballs** - cedar chips or lavender flowers.
- **Rug stains** - Rub borax into dampened area, let dry, then vacuum or repeatedly blot stain with a mixture of vinegar and soapy water.
- **Drain cleaner** - plunger; flush with boiling water, 1/4 cup baking soda & 2oz. vinegar.
- **Refrigerator Deodorizer** - place open box of baking soda on shelf. Replace every 3 months.
- **Mildew build-up** - make a paste of vinegar and salt, and apply to built-up area.
- **Furniture polish** - Combine 1/2 cup lemon juice, 1 cup vegetable oil or olive oil. Apply to rag.
- **More cleaning tips:** When buying cleaning products, look for non-toxic, biodegradable, phosphate-free, & chlorine-free. **Reduce paper use.** Use rags, not paper towels & cloth napkins instead of paper.
- **Properly maintain home appliances** by keeping them clean. It'll help them run at peak efficiency. This saves electricity, which conserves resources and reduces global warming. Remove lint and dust from your refrigerator coil and freezer. Clean up lint around your dryer, furnace, and any vents leading to or from them. Also, change or clean the filter in your air purifier or furnace.