

Lisa Bronner's

GREEN CLEANING CHALLENGE CHECKLIST

Launch your journey into green cleaning by changing one routine at a time. After 4 weeks, you'll have a low-tox kit and the know-how to clean your home, top-to-bottom. Are you up for the challenge?

Assemble Your Green Cleaning Kit

GIY GREEN-IT-YOURSELF

- Dr. Bronner's Sal Suds Biodegradable Cleaner® & Pure-Castile Liquid Magic Soap®
- Cleaning cloths & quality brushes
- Glass or plastic spray bottles (2-3)
- 32 oz. (1 L) squirt bottle (optional)
- Glass or plastic jar with lid
- Distilled white vinegar & baking soda
- Lisa's GIY Recipe Labels (LisaBronner.com/GIYRecipeLabels)
- Lisa's Usage Cheat Sheets (LisaBronner.com/CheatSheets)
- **Optional:** Essential oils, wool dryer balls, copy of Lisa's book, *Soap & Soul*

GIY TIP

Instead of buying new, repurpose what you have! Add a spray nozzle to a Dr. Bronner's bottle or turn an empty spice jar into a shaker jar.

WEEK 1 FOCUS:

Cleaning General Surfaces, Glass & Mirrors

GREEN CLEAN THIS WEEK:

- Countertops & hard surfaces with GIY All-Purpose Spray
- Appliances (fridge, stovetop, toaster) with GIY All-Purpose Spray
- Mirrors & windows with GIY Glass Cleaner

WHAT TO USE:

GIY All-Purpose Spray

- 2 Tbsp. (30 mL) Magic Soap OR
- ½ Tbsp. (7.5 mL) Sal Suds
- 16 oz. (500 mL) water

HOW TO USE:

Combine in a spray bottle. Label with Lisa's GIY Recipe Label or your own. Use on countertops, showers & tubs, fixtures, appliances, wood & other washable surfaces. To use, spray surface & wipe with a damp cloth.

GIY Glass Spray

- Half distilled white vinegar
- Half water

Combine in a spray bottle. Label with Lisa's GIY Recipe Label or your own. To use, spray mirrors & glass surfaces. Squeegee and/or wipe with an absorbent cloth.

WEEK 2 FOCUS:

Scouring Sinks & Tubs, Dishes

GREEN CLEAN THIS WEEK:

- Sinks & tubs with the GIY Scouring Powder and GIY All-Purpose Spray
- Wash your dishes with the foaming dishwashing dilution

WHAT TO USE:

GIY Scouring Powder

- 2 cups baking soda
- **Optional:** Scent with 10 drops pure essential oils of your choice

HOW TO USE:

Mix & break up lumps with a fork. Pour into a shaker jar. Label with GIY Recipe Label or your own. To use, sprinkle in sinks, showers, tubs, toilets, and other hard surfaces needing scouring. Spray with All-Purpose Spray. Scrub & rinse. (Spot test first.)

Foaming Dishwashing Dilution

- 1 part Magic Soap to 3 parts water OR
- 1 part Sal Suds to 6 parts water

Combine in a foaming soap dispenser. To use, pump on scrub brush or dishcloth.

Tip: Use the Magic Soap dilution to wash hands!

WEEK 3 FOCUS:

Regular Laundry & Delicate Laundry

GREEN CLEAN THIS WEEK:

- Regular laundry
- Delicate items that are washed by hand

WHAT TO USE:

Machine Washing - HE:

- 3-4 Tbsp. (45-60 mL) Magic Soap
OR
- 1 ½ Tbsp. (22.5 mL) Sal Suds

Machine Washing - Standard:

- 6-8 Tbsp. (90-120 mL) Magic Soap
OR
- 3 Tbsp. (45 mL) Sal Suds

Optional Boosters:

For fabric softening

Add ½ cup vinegar to fabric softener dispenser.

For extra grubby loads

Sprinkle ¼ cup baking soda over clothing. Use soap or Sal Suds as usual.

HOW TO USE:

Drying Tip: Swap out fabric softener & dryer sheets for wool dryer balls.

Dispensing Tip: 1 oz. (30 mL) pump on a gallon jug makes for easy dispensing.

Handwashing Delicate Items:

- 1 Tbsp. (15 mL) Magic Soap
OR
- ½ Tbsp. (7.5 mL) Sal Suds
- 1 gallon (4 L) cold water

Mix ingredients, add item & swish gently. Let soak 10 minutes. Swish again and rinse clean.

WEEK 4 FOCUS:

Hard Surfaces & Flooring

GREEN CLEAN THIS WEEK:

- Dust surfaces by wiping down with a damp cloth (no cleaning sprays needed)
- Vacuum all flooring
- Flooring with the mopping solution (safe on all types)

WHAT TO USE:

Dusting

- Soft, lint free cloth
- Water

Dampen cloth slightly with water. Dust hard surfaces. Replace with fresh cloth when dirty.

Vacuuming

- Vacuum with HEPA filter

After dusting, vacuum all flooring.

Tip: To deodorize carpet, sprinkle with GIY Scouring Powder, let sit 10 minutes, vacuum up. Does not clean soiled carpet. (Spot test first. May void carpet warranty.)

Mopping — Large areas with a bucket:

- 2 ½ Tbsp. (37.5 mL) Magic Soap
OR
- 1 tsp. (5 mL) Sal Suds
- 1 gallon water

Combine in a mop bucket. To use, submerge the mophead & wring until damp. Mop the floor. No rinsing necessary. If bubbles remain, repeat with plain water.

Mopping — Small areas with a squirt or spray bottle:

- 2 tsp. (10 mL) Magic Soap
OR
- ¼ tsp. (2-3 drops) Sal Suds
- 1 quart (1 L) of water in a squirt bottle

Combine in a squirt or spray bottle. Squirt or spray solution on floor & mop with a damp mop. No rinsing necessary. If bubbles remain, repeat with plain water.