

MAKE YOUR OWN SAFE CLEANERS

Many cleaning tasks can be done using **food safe ingredients** like vinegar and baking soda. Try out these **recipes** for effective, inexpensive cleaning solutions.

TASK	ALTERNATIVES
Glass & surface	1 part vinegar to 1-2 part water (optional: a couple drops of non-petroleum based dish soap)
Floors	1 part vinegar to 8 parts warm water & a couple drops of non-petroleum based dish soap
Showers & tubs	Wet & scrub with baking soda
Toilets	Scrub with baking soda
Scouring	Baking soda & water paste
Furniture polishing	Olive oil
Stainless steel	Rub a rag with a few drops of olive oil & finish with a spray and wipe of glass and surface cleaner above
Laundry	2 parts soap granules to 1 part baking soda & 1 part washing soda (2 Tbs per load)
Dish washer	1 part baking soda to 1 part washing soda (1-2 Tbs per load) & 1 Tbs vinegar in the rinse dispenser

Recipes are adapted from the Georgia Strait Alliance's Guide to Green Boating and David Suzuki Foundation's Queen of Green.



Eiko Jones

HANDY RESOURCES FOR FINDING SAFER PRODUCTS



EPA Safer Choice has an **online search database** for products that meet their high standards.



As does **ECOLOGO**.



The **Environmental Working Group (EWG)**, a non-government organization that independently evaluates products to help consumers choose more environmentally friendly products, has a **Healthy Cleaning Guide** and a **product search tool** for cleaning products that are rated on their safety.



Find more tips to **reduce** your environmental footprint on our **online Tool Kit!**

Do you use the Tool Kit? Let us know how you have used the Tool Kit tips in your daily life! Write to ksheehan@psf.ca, and include a photo or two!



BE INFORMED & CLEAN SAFER

Daiga Ellaby on Unsplash

You can make **informed** choices for your cleaning routine and help **protect salmon**, other aquatic species, and yourself.



PACIFIC SALMON
FOUNDATION



STEWARDSHIP CENTRE
FOR BRITISH COLUMBIA

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RESILIENT COASTS FOR SALMON



TIPS FOR A HEALTHIER CLEAN

> SIMPLIFY THE NUMBER OF PRODUCTS YOU USE

You don't need a specialized cleaning product for every single task. If you are only purchasing a few key products, it is easier to ensure those are safe.

> USE SAFE CLEANING ALTERNATIVES WHEN POSSIBLE

Use chemical free methods such as plungers to clear plumbing clogs or a little more elbow grease to get rid of grime. Many cleaning tasks can be done using food safe ingredients like vinegar and baking soda, see the recipes in this brochure to get started.

> DITCH THE ANTI-MICROBIAL/BACTERIAL PRODUCTS

These perform no better than normal soap and water and are often harmful for you and the environment. Many anti-microbial ingredients, even natural ones, are 'endocrine (hormone) disrupting' meaning they interfere with proper growth and reproduction.

> OPT FOR NON-CHLORINE BLEACH IF BLEACH IS NEEDED

Chlorine is a hazardous chemical and very toxic to aquatic life, whereas hydrogen peroxide (non-chlorine or 'oxygen' bleach) is much safer.

> BE CAUTIOUS OF VAGUE OR GENERIC TERMS LIKE 'ECO-SAFE', 'GREEN', 'NATURAL' OR 'ENVIRONMENTALLY FRIENDLY'

Companies adorn their products with claims and labels that target eco-conscious consumers and it can be hard to decipher what is 'greenwashing' (weak or vague environmental claims) and what is truly a safe product. Be critical.

> LOOK FOR PRODUCTS THAT BACK UP THEIR CLAIMS

Seek products independently certified by trustworthy organizations such as ECOLOGO and U.S. EPA 'Safer Choice'. See the next section for what these labels look like and mean.

> AVOID CONTRIBUTING TO MICROPLASTIC POLLUTION, USE BIODEGRADABLE SPONGES AND WASHCLOTHS

Most sponges and scourers are made of plastics that fall apart and wash down the drain and can make it into the environment as microplastics. Plastic particles are unfortunately showing up everywhere and making their way into the food chain — including salmon.



Maria Catanzaro

TRUSTED LABELS TO LOOK FOR

The sheer number of labels and certifications that you may come across when searching for products can feel overwhelming. Here are trusted environmental labels to look for on cleaning products.



ECOLOGO – Product has been assessed independently to meet environmental standards for the product's life-cycle. Only the top 20% of products available can achieve certification.



EPA SAFER CHOICE – Ingredients independently assessed by US EPA scientists to meet strict environmental and health standards, while also performing on par with traditional cleaning products.



DECODE MORE ECO-LABELS with this Tool Kit Article on resilientcoasts.ca