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

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:
- Microfiber dust cloth or mop
- Abrasive scrub brush or sponge
- Squeegee for showers and windows

AVOID THESE THREE CLEANING PRODUCTS

ANTIBACTERIAL CLEANERS
No added protection against illness; contain pesticides. Try ordinary cleaners free of antibacterial pesticides.

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

DRAIN CLEANERS
Contain extremely toxic chemicals. Use a drain snake or make 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 listed on the label. But they're not. Check for warnings and ingredients, not marketing claims.

SKIP PRODUCTS CONTAINING
Ammonia, 2-butoxyethanol, chlorine bleach, ethanolamines, "Active ingredients" such as ADBAC, benzalkonium chloride, ingredients with names including "monium chloride" or triclosan

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