



**"DON'T EVEN BUY IT!"
Safer Alternative to Household Hazards**

Information provided by
the Androscoggin Valley
Council of Governments.



PRODUCT:	ALTERNATIVES:
Antifreeze	Use less toxic propylene glycol-based antifreeze. Recycle old antifreeze.
Batteries	Buy rechargeable batteries and charger or use solar powered substitutes.
Bug Sprays	Cream of tartar, red chili pepper, paprika or dried peppermint will stop bugs.
Cleaner (General Purpose)	1/4 cup borax, 1/4 cup white vinegar, 2 gallons hot water. Stir to dissolve. Use mop or sponge to clean. Alternative products - Murphy's Oil Soap or Citra-Solv.
Drain Opener	Use plunger or snake. Put 1/2 cup baking soda followed by 1/2 cup white vinegar or lemon juice down drain. Flush 15 minutes later with hot water. Prevent clogs by pouring boiling water directly down drain weekly.
Fertilizers (chemical)	Use compost, dried blood, fish meal, wood ashes and "green manure" (annual rye)
Flea Killer	Use a flea comb. Vacuum often. Wash pet's bedding. Give pet brewers yeast, garlic tablets or Vitamin B as preventative measures.
Floor Polish	Mop with 1 cup white vinegar mixed with 2 gallons of water to remove dull, greasy film.
Floor Wax Stripper	Four a small amount of club soda on a section of the floor. Scrub well, let soak for a few minutes, then wipe clean.
Insecticides	Plant resistant varieties. Use "companion" plants that repel insects (like marigolds).
Insect Repellent	Burn citronella candles, punk, or incense. Alternative product—Bite Blocker.
Metal Cleaner	Mix a dab of white toothpaste with water to make paste. Rub on metal with damp sponge. Rinse in hot water and buff dry with soft cloth.
Mold Inhibitor and Disinfectant	Place 1 teaspoon borax and 3 tablespoons white vinegar in spray bottle. Dissolve borax by pouring 2 cups hot water over it. Shake. Spray onto mold-growing areas. Leave without rinsing. Vinegar will evaporate.
Moth Balls	Use cedar chips or dried lavender sachets.
Oven Cleaner	Sprinkle salt on spills while still warm. Scrub. Or mix 1 cup baking soda and 1 tablespoon salt with water to make a paste. Spread evenly over oven. Wait overnight. Soak steel wool in water and scrub. Alternative product - Citra-Solv.
Paint	Use less toxic latex paint. Or use solvent-free paint, when possible.
Paint Stripper	Use citrus-based paint removers. Wear a dust mask to sand and scrape paint.
Paint Thinner	Reuse your old thinner: Let paint particles settle, then pour off clear liquid.
Rug Cleaner	Sprinkle baking soda on rug then vacuum. Use club soda on stains. Alternative product - Heavenly Horsetail All Purpose Cleaner for steam cleaning.
Scouring Powder	1 cup baking soda mixed with 1/4 cup borax. Rub on surface with dampen sponge. Let "rest" a few minutes, then rinse well. Alternative product—Bon Ami.
Spot Remover	Clean spill immediately. Use club soda for juice, tea, gravy, ketchup, mud. Cold water for blood. Lemon juice for ink, perspiration. Beaten egg whites for leather.
Toilet Bowl Cleaner	Pour into bowl: lemon juice <u>or</u> 1 cup borax and 1/4 cup vinegar <u>or</u> 2-3 tablespoons cream of tartar sprinkled on area. Let rest, scrub with brush, rinse and flush.
Varnishes and Stains	Use pure tung oil mixed with pure linseed oil, shellac or water-based alternatives.
Weed Killer	Pull weeds. Use mulch. Maintain a healthy lawn by adjusting the pH to 6.5, mowing high with a sharp blade, and watering deeply when the soil is too dry.
Window Cleaner	Use 1/8 cup white vinegar in 1 cup warm water. Use spray bottle. Dry with newspaper (the ink helps clean windows too)