



The Essential

Household Alternatives

Some basic household items are 'essentials' for every household because they have innumerable uses, are cost effective, easily accessible (from supermarket) safe to use, plus very environmentally friendly

Item	Uses	Location	Information Source
Vinegar	White: Cleaning, Disinfecting, Deodorising, Anti-bacterial agent, Culinary, Insect Repellent, Preservative Cider: Hair conditioner, Skin astringent, Personal Deodorant, Therapeutic Uses	Supermarket <i>(Tip: Cheaper if purchased in bulk. Use cheaper vinegar for cleaning & expensive cider vinegar for personal use).</i>	(Information Booklet No.) No. 33 Versatile Vinegar (includes how to make vinegar) No. 23 Green Cleaning No. 22 Home-made Air fresheners No. 30 Natural Skin Care No. 2 Homemade Deodorants Also: No. 's 27,5, 37,7,12, 14, 59
Bicarb Soda	Abrasive Cleaner, Deodoriser, Whitener, Stain Removal, Teeth cleaner	Supermarket <i>(Tip: It's much cheaper from bulk supply stores).</i>	No. 9 Amazing Bicarb! No. 23 Green Cleaning No. 1 Homemade Teeth Cleaners No. 12 How to Make Do Also: No. 's 2, 14, 27,35
Pure Soap (bar of soap)	Cleaning/Cleaning Products, Personal Cleaning, Garden Spray (insect repellent), Deodorising, General Household Use	Most retail outlets <i>(Tip: Any bar of soap will do. Choose soap that best suites you & your budget)</i>	No. 50 Recycling Soap No. 23 Green Cleaning No. 14 Natural Hair Care No. 21 Safe Organic Sprays Also: No. 3, 25, 5, 47, 55, 37,
Oatmeal	Mild abrasive cleaner, Skin Care & Cleanser, Water Softener, Culinary, Hair-care, Soap alternative	Supermarket or Health-shop <i>(Tip: Grind rolled oats in food-processor)</i>	No. 58 Old-time Oatmeal No. 30 Natural Skin Care Also No.'s 37, 50, 26
Herbs (examples: rosemary, thyme, sage, parsley, lavender)	Skin care, Hair Care, Personal Deodorant, General Deodorising, Oral care, Cleaning, Mild Disinfectant, Insect Repellent	Garden, Supermarket, Greengrocer	Ways With Rosemary, Ways With Thyme, Ways With Sage, Ways With Lavender, Ways With Parsley, etc. No. 61 Harnessing Herbs No. 7 Making Herbal Vinegar
Rice-flour	Personal Care Products	Supermarket	No. 2 Homemade Deodorants
Eucalyptus Oil	Stain removal, Deodorising, Disinfecting, Cleaning, Therapeutic, Insect Repellent	Supermarket Health-food shop	No. 51 Uses for Eucalyptus Oil No. 23 Green Cleaning Also: No.'s 20, 21, 38,35
Beeswax Honey	Emulsifying/healing agent (for skin creams & products), Sealant, Preservative, Polish. Therapeutic	Honey: Supermarket. Beeswax: Beekeepers or Specialty shops	No. 4 Making Beeswax Products No. 13 Making Simple Salves & Creams Also: No. 's 30, 13, 5, 55,
Lemons	Mild Bleach, Cleaning, Deodorising, Skin Care, Hair Care, Disinfectant, Culinary, Insect Repellent, Therapeutic	Supermarket <i>(Tip: Only practical if you have a lemon tree)</i>	No. 10 Humble Lemon Also: No. 's 30, 5, 14, 37, 22, 12, 20
Salt	Abrasive Cleaner, Disinfectant, Soot remover	Supermarket	No. 24 Back-to-Basics Cleaning. Also: No. 59,37



The Savings

By using the above items the following can be removed from your shopping list:

- oven cleaner
- dish-washing detergent
- laundry detergent
- carpet deodorant
- surface spray
- floor cleaner
- carpet shampoo
- wooden surface cleaners
- surface sprays & cleaners
- abrasive cleaners
- deodorizing agents
- bathroom cleaner
- mould remover
- disinfectant
- toilet cleaner
- drain cleaner
- window cleaner
- water softener
- stain remover
- skin cleansers and astringents
- hair shampoo
- toothpaste
- talc
- shower gels and personal cleaners
- liquid hand soap
- pet care products
- hair conditioner
- floor & wood polish
- insect repellents
- garden sprays
- air fresheners and room deodorizers



The Self-Sufficiency Shoppe

Working for the Planet - Rekindling our Relationship with Earth
Safe, economical and environmentally responsible alternatives to commercial products

The Self-Sufficiency Shoppe is a home-based enterprise encouraging and educating people about 'using natural, safe alternatives' and the subsequent benefits:

1. Less impact on the planet
2. Less chemicals
3. Saves Money
4. Respect for other living beings



The Shoppe works through three main avenues:

- ◆ Publications (e-booklets)
- ◆ Workshops (see programme of up-coming workshops on website) - including Workshop Packages for people wanting to become a workshop presenter.
- ◆ Shoppe Newsletter (FREE - on website)

"It's time to change our ways. The planet can no longer sustain our extravagant lifestyle into an uncertain future. Just one small change in habit by one person is a big step toward creating a better planet for everyone".

Pam Marshall - creator and proprietor of The Self-Sufficiency Shoppe.

The Self-Sufficiency Shoppe

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The Self-Sufficiency Shoppe Newsletter

Every approx. every 2 months 'The Shoppe' publishes a free Newsletter containing interesting and topical information – including recipes, hints, comments on environmental issues, etc. Newsletters (and all back issues) are available from www.theshoppe.com.au or email pam@theshoppe.com.au or send minimum 4x60c postage stamps (to receive next four issues) to The Shoppe.



'The Shoppe' Publication List

Full booklet description and prices available at www.theshoppe.com.au

No	Title
1.	Homemade Toothpastes & Mouthwashes
2.	Homemade Deodorants.
3.	Simple Soap-Making
4.	Make Beeswax Products .
5.	Homemade Cleaners & Polishers..
6.	Making Whitewash
7.	Herbal Vinegars & Oils
8.	Uses for Essential Oils
9.	Amazing Bi-carb!
10.	Humble Lemon
11.	Making Butter
12.	How to Make Do
13.	Making Simple Salves & Creams
14.	Natural Hair-care
15.	50 Ways to Recycle a Tin Can
16.	From Waste to Want
17.	Home Paper-making.
18.	Homemade Glues Pastes and Putties . .
19.	Composting for Beginners.
20.	Natural Insect Repellents
21.	Safe Organic Sprays
22.	Air-Fresheners & Deodorisers
23.	Green Cleaning . .
24.	Back-To-Basics Cleaning.
25.	More Soap-Making Recipes
26.	Beautiful Hands
27.	Fantastic Feet . .
28.	Home Flour Grinding .
29.	Making Bread .
30.	Natural Skin-Care .
31.	50 Ways to Recycle Newspaper.
32.	Home-made Envelopes.
33.	Versatile Vinegar .
34.	Practical Candle-making
35.	Natural Pet-Care .
36.	Recycling & Improvising in the Garden
37.	Beautiful Baths .
38.	Sweet Scents
39.	Beginners Flower Pressing .
40.	Surviving the Hard Times .
41.	Keeping Hens ..
42.	Eggstatic . .
43.	Practical Gifts to Make .
44.	Home Hair-Dressing
45.	Home Distillation
46.	Preserving Without a Preserving Outfit ..
47.	Making & Using Soap-savers .
48.	60 Ways to Recycle Plastic Super-market Bags . .
49.	Bringing Back the Beverage . .

50.	Recycling Soap . .
51.	Uses for Eucalyptus Oil .
52.	Salubrious Sauces . .
53.	Homemade Spice Mixes
54.	International Meals on a Budget
55.	Handyman Hints .
56.	Lamp Lore
57.	Homemade Incense
58.	Old-time Oatmeal . .
59.	Caring for Natural Woods & Fibres.
60.	Making Yoghurt . .
61.	Harnessing Herbs .
62.	Making Cheese
63.	Making Playtoys from Recycled Materials ..
64.	Coffee Substitutes .
65.	Natural Sweeteners
66.	Back-to-Basic Pottery . .
67.	Gift-Giving with a Difference . .
68.	Ways with Wool
69.	Simple Basketry
70.	Homemade Breakfast Cereals
71.	Natural Hair Rinses & Dyes
72.	Drying Food
73.	Natural Food Storage
74.	Ways with Fruit
75.	Natural Colours and Dyes
76.	Growing Veg. in Containers
77.	Recycling Rags
78.	Companion Planting Guide
79.	Natural Baby Body care
80.	Uses for Stale Bread
	Ways With – Lavender
	Ways With – Roses. .
	Ways With – Mint. .
	Ways With – Parsley.. .
	Ways With – Rosemary.
	Ways With – Thyme. .
	Ways With – Sage.. .
	Ways With - Nasturtiums
	Ways With – Tomatoes. .
	Ways With - Zucchini. .
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Green Cleaning

Simple, easy-to-follow alternatives for commercial cleaning products. 10 Booklets
No.s 23, 24, 9, 10, 5, 33, 51, 50, 47, 59,

Natural Skin Care

All you need to know for safe, effective and affordable skin care

5 Booklets: No.s 30, . 13, . 26, . 58, 37

Soap-Making

Basic soap-making with numerous recipe variations plus many other uses for soap. 4 Booklets: 'No.'s 3, 25, 50, 47

Beeswax

The many uses for beeswax. 5 Booklets:
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Body Care

Chemical free alternatives for: hair-care, hair dyes and colours, deodorants, foot and teeth care 5 Booklets: No.'s 1, 2, 14, 27, 71

Backyard Self-Sufficiency

Resourceful and environmentally responsible ways in the garden.
6 booklets: No.s 36, 19, 21, 41, 67, 78.

Chemical-Free Living

Living chemical free and environmentally friendly in the home

5 Booklets: No.s 10, 33, 51, 9, 58,

Chemical Free Options

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7 Booklets: No. 4, 6, 20, 18, 75, 55, 35.

Practical Kitchen Skills

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Old Time Kitchen Skills – Preserving

Back to the days when food was flavoursome, unprocessed and uncomplicated!

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Self-Sufficiency Skills

6 Booklets: . 3, 25, 28, 40, 44, 56,

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(See website for price details)

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(than individual booklets).**

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