



The 'Sustainable Alternatives' Chart

Commercial Product	The Alternative	More specific information & other ideas
Oven Cleaner	Bicarb soda & vinegar paste. Apply to warm oven.	e-book No. 23 Green Cleaning or No. 9 Amazing Bicarb!
Dish-washing detergent	Soap-jelly* with added eucalyptus oil	e-book No. 23 Green Cleaning or No. 50. Recycling Soap
Laundry Detergent	Soap-jelly*	e-book No. 23 Green Cleaning or No. 50. Recycling Soap
Carpet Deodorising Powder	Bicarb soda with added eucalyptus or lavender oil	e-book No. 23 Green Cleaning or No. 9 Amazing Bicarb!
Surface Spray/Cleaner	Surface Spray**	e-book No. 23 Green Cleaning
Abrasive Surface Cleaner	Bicarb Soda – plain or with added grated soap	e-book No. 23 Green Cleaning or No. 9 Amazing Bicarb!
Floor Cleaner	Boiling hot water with added vinegar or soap jelly*	e-book No. 23 Green Cleaning
Carpet Shampoo	Soap jelly* with added eucalyptus oil	e-book No. 50. Recycling Soap
Wooden Floors (floors/furniture) Cleaners	Mixture of half olive oil and vinegar. Apply with dry mop – wipe well	e-book No. 23 Green Cleaning or No. 5 Polishers & Cleaners
Wooden furniture	Mixture of half olive oil and vinegar or cold tea. Apply with soft cloth.	e-book No. 23 Green Cleaning or No. 5 Polishers & Cleaners
Disinfectant	Vinegar or mixture of half vinegar-water with added eucalyptus oil	e-book No. 23 Green Cleaning or No. 33 Versatile Vinegar
Deodoriser/Air-freshener	Fresh flowers or vinegar spray or mix half vinegar/water with added eucalyptus/lavender oil	e-book No. 22 Homemade Air-fresheners
Bathroom Cleaner	Vinegar or Surface spray* For abrasive cleaning: bicarb soda – plain or with added grated soap & eucalyptus oil	e-book No. 23 Green Cleaning or No. 9 Amazing Bicarb!
Mould Remover	Vinegar or Surface spray*	e-book No. 23 Green Cleaning or No. 33 Versatile Vinegar
Toilet Cleaner	Vinegar or homemade disinfectant with added bicarb soda (abrasive cleaning)	e-book No. 23 Green Cleaning or No. 9 Amazing Bicarb!
Drain Deodoriser & Cleaner	Bicarb soda followed by vinegar or salt and vinegar	e-book No. 23 Green Cleaning or No. 24 Back-to-Basics Cleaning
Window Cleaner	Vinegar or cold tea or methylated spirits or crumpled newspaper	e-book No. 24 Back-to-Basics Cleaning
Water Softener (fabric conditioner)	Bicarb soda, washing soda or oatmeal	e-book No.9 Amazing Bicarb! or No. 58 Old-time Oatmeal
Fabric Conditioner/bleach	Vinegar or lemon juice	e-book No. 23 Green Cleaning or No. 33 Versatile Vinegar
Stain Remover/Heavy-duty solvent	Surface Spray/Stain Remover* or Eucalyptus oil	e-book No. 23 Green Cleaning or No. 51 Uses for Eucalyptus Oil
Skin Cleanser	Oatmeal & water (plain or with added chopped fresh herbs)	e-book No. 30 Natural Skin Care
Skin Astringent	Herbal infusion*** or anti-bacterial wash: 1 part cider vinegar/8 parts water	e-book No. 30 Natural Skin Care or No. 61 Harnessing Herbs
Skin Moisturiser	Blend almond oil with water or herbal infusion*** or lemon juice.	e-book No. 30 Natural Skin Care
Hair Shampoo	Soap jelly – with added oil (conditioner) and lavender essential oil	e-book No. 14 – Natural Hair Care

Pet Shampoo Pet Flea Repellent	Soap jelly with added eucalyptus oil to repel fleas. Dry shampoo: bicarb soda or oatmeal with added eucalyptus oil	e-book No. 35 Natural Pet Care or No. 51 Uses for Eucalyptus Oil
Toothpaste	Bicarb soda and salt – mixed with water to make a paste.	e-book No. 1 Homemade Toothpaste & Mouth-washes
Personal Deodorant	Bicarb soda or vinegar spray (diluted 1 part cider vinegar to 8 parts water with added scent such as lavender oil)	e-book No. 2 Homemade Deodorants
Talc powder	Rice-flour or corn-flour with added scent – i.e. lavender oil or your own perfume	e-book No. 2 Homemade Deodorants
Shower gel/body washes	Bar of soap or soap jelly (in a recycled pump container). Add lavender or eucalyptus oil (disinfecting/perfuming)	e-book No. 50. Recycling Soap
Hand-wash (liquid) and other personal cleaners	Bar of soap or soap jelly (in a recycled pump container). Add lavender or eucalyptus oil (disinfecting/perfuming)	e-book No. 50. Recycling Soap
Insect Repellent (general)	Fly swat or vinegar spray with added eucalyptus and lavender oils	e-book No. 20 Homemade Insect Repellents
Insect Repellent (personal)	Vinegar (dabbed on the skin) or water with added eucalyptus and lavender oil	e-book No. 20 Homemade Insect Repellents
Garden Spray (insect repellent)	Soap jelly, water, chilli, garlic, eucalyptus oil	e-book No. 21 Safe & Organic Sprays for Home and Garden
Garden Spray (weed-killer)	Boiling water or vinegar	e-book No. 36 Recycling & Improvising in the Garden

Recipes:

***Soap Jelly:** Grate one bar of soap. Put one half in one 10 litre bucket. Put the other half of grated soap in another 10 litre of water. Add ½ cup washing soda and 2 litres of boiling water to each bucket. Stir both buckets until mixture has dissolved. Top each bucket up to full with water. Use jelly plain or add eucalyptus or lavender oil for extra disinfecting and deodorising properties (More soap-based ideas in e-Booklet No. 50 – Recycling Soap). Note: Soap is more environmentally friendly than detergents (of any kind: biodegradable or not). Detergents are: shampoos, dish-detergent, laundry detergent, body washes, hand wash (liquid type).

****Surface Spray (All-purpose Spray/Stain Remover):** Mix together 1/3 cup each of water, cloudy ammonia and liquid soap-jelly (see above recipe) OR bio-degradable dishwashing detergent. Mix and store in recycled spray container. (More information: e-Booklet No. 23 – Green Cleaning). Use vinegar in place of cloudy ammonia if preferred – but will not be quite as effective.

*****Herbal Infusion:** Place 3 teaspoons fresh herbs in an earthenware or glass container. Gently crush the herbs with the back of a spoon (to aid release of essential oils). Add 250ml boiling water. Leave for about 5 minutes or for a stronger infusion leave longer. Strain and use as required. (If using dried herbs blend one teaspoon herbs with one cup boiling water). Use as a hair rinse, skin (facial) astringent or pour into spray bottle and use as a mild deodorant or body spray. (More info: No. 61 - Harnessing Herbs)

Handy Hints to Remember

If the alternatives listed above do not suit you. You'll find other options and suggestions in the recommended e-books.

Start slow – Don't do everything – just do what suits you best and can cope with. For example: If the concept of using vinegar as a personal deodorant is not your thing, then start with household cleaning first.

Even if you just change one thing. It's still a significant contribution toward what's right for the planet (and you),

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