



Many cleaning products have strong chemicals that can be bad for our health. Instead, clean with natural products that are better for your health. The next time you clean, try these easy blends.



## Remove calcium (hard, white stuff) from your showerhead.

- Pour 2 cups of white vinegar into a plastic bag.
- Cover your showerhead with the bag. Make sure your showerhead is covered in the vinegar.
- Wrap a rubber band around the top of the bag. This will hold the bag in place.
- Let your showerhead soak all night. Remove the bag of vinegar the next day. Then, rinse your showerhead with water.

## Remove rings in your toilet bowl.

- Mix  $\frac{1}{4}$  cup baking soda with 1 cup of white vinegar.
- Pour the mixture into your toilet bowl.
- Let the mixture sit for 20 minutes.
- Scrub your toilet with a toilet brush and flush.

## Clean your bathtub and shower tiles.

- Wipe down your tub and tiles with white vinegar.
- Sprinkle baking soda and bubbles will start to form.
- After 20 minutes, scrub with a wet sponge. For tougher stains, scrub with a toothbrush or scrub brush.
- Rinse your tub and tiles with water.

## Rinse your dishwasher.

- Pour ½ cup of white vinegar into the soap slot of your dishwasher.
- Run your dishwasher with no dishes.

## Clean your coffee machine.

- Mix 1 cup of white vinegar and 1 cup of water. Pour the mix into the water chamber of your coffee machine.
- Turn on your coffee machine to brew but don't put coffee in it.
- Turn off your coffee machine half way through the cycle. Let it sit for an hour.
- Turn your coffee machine back on and let it finish.
- Run your coffee machine 3 more times with just water to wash out the vinegar.

## Refresh your pots and pans.

- Mix 2 tablespoons of sea salt with the juice of 1 lemon to make a scrub.
- Rub the scrub onto your pots and pans. Let them sit for 15 minutes.
- Rinse off the scrub with warm water.

## Make your windows sparkle.

- In a spray bottle, mix ¼ cup of white vinegar, ½ teaspoon of natural liquid dish soap, and 2 cups of water.
- Spray mix on your windows.
- Use a sponge or squeegee to wipe off the mixture.

## Make a cleaner for everything:

- In a spray bottle, mix 1 cup of rubbing alcohol, 1 cup of water, and 1 tablespoon of white vinegar.
- Spray on and wipe with a towel to get rid of germs.

For questions about wellness, call (212) 432-8494 or [wellness@chnnyc.org](mailto:wellness@chnnyc.org).