

### Contact:

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### Subject:

Reduce hazardous chemicals in your home with these green cleaning recipes

# Sample newsletter article

## Green cleaning recipes

According to the U.S. Environmental Protection Agency, only a fraction of registered chemicals have gone through complete testing for human health concerns. Some chemicals have immediate toxic effects. Others are toxic to our bodies only after repeated, long-term exposure. Hazardous household chemicals also require special disposal at drop-off sites to protect our air, land and water.

You can protect your health and the health of your family, pets and the environment by making your own cleaning products with simple, less-toxic ingredients. Many common household products, such as baking soda, lemon juice, vinegar and liquid dish soap, can make effective and inexpensive cleaners.

### Tips and tricks

* Mix your homemade cleaners in small batches.
* Label all containers with ingredients, intended use and date made.
* Keep all containers out of reach of children and pets.
* Keep all containers closed when not in use.
* Never use food or beverage containers for cleaning chemicals of any type.
* Read and follow all label directions on purchased products.
* Check product on a small area to test for colorfastness (carpet and clothing stain removal). Vinegar can leach color from some items.

### Product purchasing tips

If you choose to purchase cleaning products instead of making your own, you can reduce exposure to harmful chemicals by purchasing less hazardous household products.

* Look for products that list all their ingredients on the label. Generally, fewer ingredients are better.
* Use a multi-purpose cleaner rather than buying many specialty cleaners.
* Choose products that are made from plant-based materials like citrus, seeds, vegetables, herbs or pine oils.
* Choose products that have low or no volatile organic compounds (VOCs). VOCs are toxic chemicals that are released into the air.
* Choose chlorine-free products.
* Choose water-based glues, adhesives and paints.
* Choose the least toxic product to do the job. A product with the signal word Caution on its label is less hazardous than a product with the signal word Warning, Danger or Poison.

# Social media posts

### All-purpose cleaner:

Did you know that many home cleaning products contain hazardous ingredients? You can feel good about protecting the health of your family, pets and the environment while keeping your home spotless with this recipe.

### Dishwashing detergent:

Avoid hazardous ingredients in many dishwashing detergents while keeping your family, pets, and the environment safe with this recipe.

### Unclog and deodorize drains:

Are your drains smelling a little funky, or maybe a bit clogged? Try this to get them cleared and deodorized without using hazardous chemicals.

### Toilet bowl cleaner:

Keep your bathroom squeaky clean without using harmful chemicals with this 🚽 bowl cleaner recipe!

### Laundry detergent:

Keep your laundry clean while saving money and avoiding harmful chemicals with this great recipe!

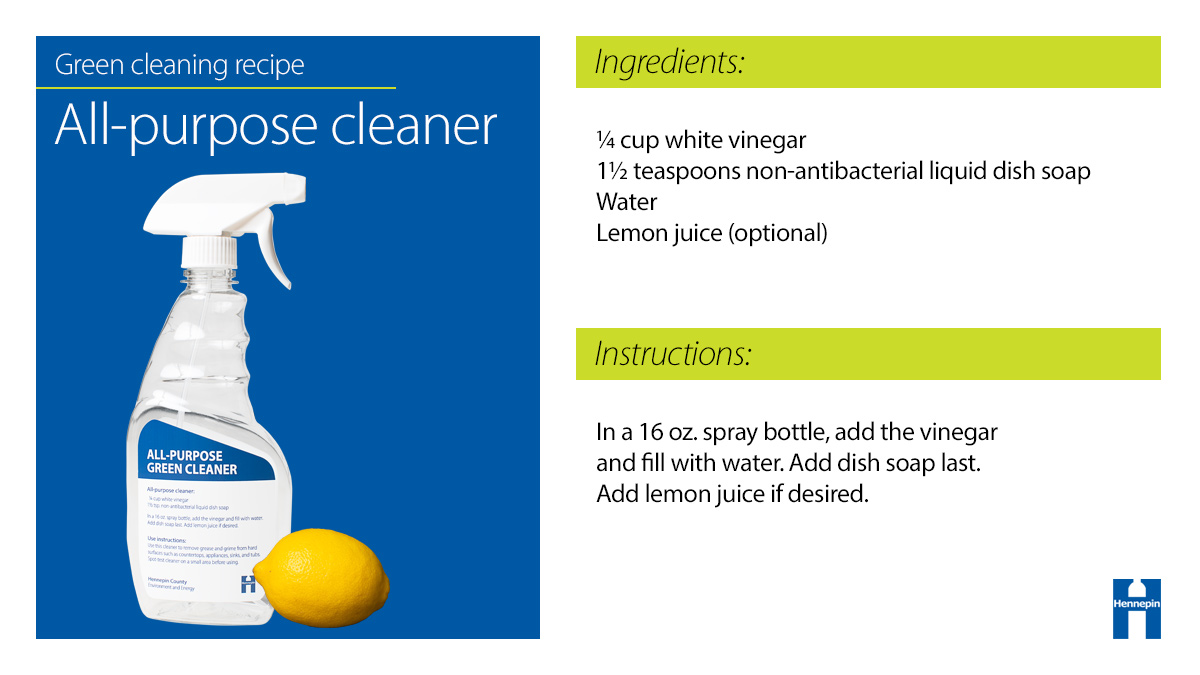
### Fabric softener:

Keep your laundry soft and help shed pet hair while you wash it with this recipe.

# Graphics

There are two sizes available of each recipe card. The square graphic is best for use on Instagram. The rectangle graphic is best for use on Facebook, Twitter, or email newsletters.

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