



Recycling and
Environmental
Action
Planning
Society

Greening Your Office

...one tip at a time!

We care about the environment and we know you do too. Your office is a great place to make little changes that make a big difference. Here are some ideas to help you do just that. Provided monthly by R.E.A.P.S., we hope they inspire you to create change!

GREEN TIP #139:

November 2021

Stay Green when you Clean

All offices have their cleaning needs, from the counter tops to the toilets, everything needs to be cleaned. Although we don't really have a choice in what needs to be cleaned we do have a choice in how we clean and what we clean with. Many cleaners have really negative impacts on our water and all of the organisms that come in contact with it. Not only are some products harmful they can also be really wasteful, think paper towel or cleaning wipes. Here are a few alternatives that are less harmful to our environment.

Vinegar: Vinegar is one of the most popular alternatives to store bought cleaners with good reason too. Vinegar is very versatile, made from acetic acid which is commonly found in some household cleaners. The acidic nature of vinegar makes it strong enough to dissolve mineral deposits, dirt, grease, and is even strong enough to kill bacteria too. Vinegar is ideal for cleaning counter tops, glass, grease, and floors. White vinegar is the best as there aren't any colorants that could possibly leave a stain.

Lemon: Lemon is like vinegar in the sense it is very acidic and works as an antibacterial and antiseptic product. Lemon juice also acts as a natural bleach and even the oils from the rinds can be used to polish items. Keep in mind lemon juice isn't a disinfectant. Lemon juice is nice as it leaves a fresh lemony scent in it wake.

Baking soda: Baking soda is a great deodorizer. It is also an effective, yet gentle, abrasive. Whether you mix it with water to scrub down a stainless steel sink, add a little to your dish soap for some extra cleaning and deodorizing strength, or sprinkle it onto furniture before vacuuming it off, baking soda is a great cleaner.

Borax: Borax is commonly found in the laundry aisle of most grocery stores. It is a powerful disinfectant and softens water to increase soap suds. Borax is also good to remove grime and dirt from floors, walls, and wall paper with no damage. You have to be careful with borax as it is very alkaline so proper protective measures are needed. Wear gloves and do not inhale the powder so keep the product a good distance from your face.

Some Easy Recipes

Lemon scented all purpose cleaner:

- 1/4 cup white vinegar
 - 2 Tablespoons baking soda
 - 1 litre (4 cups) hot water
 - 1/2 a lemon
1. In a small bucket or 4-cup Pyrex measuring cup, combine vinegar, baking soda and hot water.
 2. Squeeze in the juice from half a lemon, then drop the rind in as well to infuse the cleaner.
 3. Stir well to dissolve the baking soda and allow to cool. Remove the lemon rind.

Transfer into a spray bottle or squeeze bottle and label clearly. Your homemade cleaner is ready to use!

Do you have any questions or suggestions? Call or email us at green_solutions@reaps.org!

Window/Glass cleaner:

- 1/2 cup of white vinegar (Can be exchanged for lemon juice)
 - 1/2 cup of water
1. In a spray bottle combine your vinegar, or lemon juice, with your water.
 2. Put the cap back on and mix well
 3. Spray on glass and wipe with a cotton cloth.

Tip: If using lemon juice its not a strict one to one ratio, play around and find what is best for you. Also don't use baking soda on glass, it's a good cleaner but is to abrasive on glass.