

Do-It-Yourself (DIY) Household Cleaners

This tip sheet can be provided to Direct Support Professionals (DSPs) to help the individuals they support create affordable cleaning supplies from household items they may already have in their homes. Using these items, you can save money, breathe cleaner air, and be earth-friendly.

White Vinegar

- White vinegar can get rid of germs and mold.
- **Fill a spray bottle with equal parts white vinegar and water** (one cup to one cup). Shake it up and you're ready to clean!
- Spray and scrub sinks, counter tops, toilets, showers/tubs, floors, refrigerator, and windows with your vinegar and water mix. **Warning: Don't use vinegar on marble.**



More Household Cleaning Uses for White Vinegar:

- **Clean toilets.** Pour one cup of vinegar in toilet bowl. Let it sit for 15 minutes. Flush and you are done!
- **Get rid of carpet stains.** Mix one tablespoon white vinegar, one tablespoon dish soap and two cups warm water. Rub onto the carpet stain, rinse, and dry.
- **Remove nasty odors.** Put a bowl of white vinegar in the kitchen overnight. Or, simmer a cup of white vinegar on the stove.

Baking Soda

- **To mix,** put baking soda in a resealable container. Add enough water to the baking soda to make a paste.
- **Use on hard to clean surfaces like tiles and stove tops.** Rinse with water after use.



More Household Cleaning Uses for Baking Soda:

- **Brightening Clothes.** Add a cup of dry baking soda to a load of laundry.
- **Clean Carpet Odors.** Put dry baking soda on carpet. Let it sit for 15 minutes. Vacuum.

Combining Ingredients Carefully

By working closely with the individual you support, you can help them combine household ingredients to make their own cleaning supplies, such as:

- **Glass cleaner,** using water, white vinegar, and some rubbing alcohol
- **Grease cleaner,** using ammonia
- **Heavy-duty scrub,** using lemon and borax powder from the detergent aisle

Learn more here:

<https://www.goodhousekeeping.com/home/cleaning/tips/a24885/make-at-home-cleaners/>