



Blue Cross and Blue Shield of Minnesota

Foundation

An independent licensee of the Blue Cross and Blue Shield Association

Alice's Wonder Spray All-Purpose Cleaner

Ingredients

- 2 tablespoons distilled white vinegar
- 1 teaspoon borax
- 1 1/2 cups very hot distilled or purified water
- 1/4 cup castile soap or 1/8 cup liquid dish soap
- 10-15 drops essential oils (if desired)

Directions

- ➊ Mix the vinegar and borax in a 16 oz. spray bottle.
- ➋ Fill bottle with the water and shake to dissolve the vinegar and borax.
- ➌ Add soap LAST and then, if desired, scent with essential oil.
- ➍ Use as you would any all-purpose cleaner. This mix can get quite soapy so you might want to have a cloth wet with just water handy to “rinse” with.

10 tips for healthier living

- 1 Control pests without poison
- 2 Purchase cosmetics from companies that support the Safe Cosmetics Compact
- 3 Use “fragrance free” personal care products
- 4 Avoid using plastic in the microwave — instead use glass or ceramic containers
- 5 Instead of bottled water, use a safer reusable stainless steel water bottle
- 6 Choose glass or non-polycarbonate baby bottles and sippy cups
- 7 Clean without chemicals by making your own non-toxic cleaners
- 8 Choose hormone-free milk and meat from grass-fed animals
- 9 Shop for local, preferably organic, produce
- 10 Contact your elected officials and tell them you want safe products that don't contain toxic chemicals

Tips courtesy of Healthy Legacy, www.healthylegacy.org