



## Tips for Cleaning with Baking Soda

We all recognize baking soda as a common ingredient in most recipes, but, next to vinegar, baking soda is also one of the most useful basic household cleansers. Not only is baking soda inexpensive, but it's also non-toxic and multi-purpose! It has great qualities as a scouring powder and is particularly good for deodorizing. Here are some suggestions for cleaning with baking soda:

- A box of baking soda in the refrigerator, freezer, or any cupboard will keep away unpleasant odors. Baking soda will also keep away garbage odors; sprinkle the bottom of the pail, and then sprinkle again after you put a new bag in. Baking soda in the litterbox will help prevent odors!
- For burnt-on food in the bottom of pots, sprinkle with baking soda, then add hot water. Let the mixture soak overnight; the dried on food should come loose much more easily the next day.
- To remove stubborn stains from most surfaces, use a baking soda paste (3 parts baking soda, one part water). Apply, let stand, then scrub or wipe clean.
- To remove scents from a carpet, sprinkle with baking soda. Let stand for at least fifteen minutes, then vacuum. Repeat as needed. To help remove spills, blot as much as possible. Then clean as you normally would. When finished, sprinkle with baking soda. Vacuum. This will decrease the chance that some of the spilled item will remain in the carpet and cause unpleasant odors later. Water stains on wooden floors can be removed with a sponge dampened in a solution of baking soda dissolved in water.
- For small cooking fires (frying pans, broilers, ovens, grills), turn off the gas or electricity if you can safely do so. Stand back and throw handfuls of baking soda at the base of the flame to help put out the fire -- and call the Fire Department just to be safe
- Children's toys can be cleaned using 1/4 cup baking soda in 1 quart warm water. Submerge in this mixture (or wipe with a cloth dampened in it), then rinse with clear water. Safely clean your baby's area (play pen, changing table, crib, stroller, car seat and high chair) by sprinkling baking soda directly on a clean damp sponge, then rub the item clean. Rinse thoroughly and allow to dry.
- Dissolve a couple of tablespoons of baking soda in water in a microwave safe bowl, then bring to a boil in your microwave. Allow to sit for a minute or two. You should easily be able to wipe out any baked on stains, plus your microwave will smell fresher too.
- To remove grease stains, either add baking soda to the wash load or pretreat the stains with a baking soda paste.
- To give your dishwasher a good clean, run it through a cycle and use baking soda instead of detergent.
- Crayon marks on walls? Try applying baking soda/water paste on an old toothbrush and lightly brush the affected area.

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