



# 3<sup>rd</sup> Grade Put the **GREEN** in **CLEAN!**

(with the help of Mrs. Baschuk,  
Saint Peter's School Nurse)

We made reusable wipes and spray cleaners out of vinegar, essential oils, castile soap, and water. We can save money and help our environment by using less chemicals.

We mixed the ingredients, put the wipes in, and let them sit overnight. We cleaned with them the next day. We didn't use paper towels with the spray cleaner so we could save trees and resources. We tried not to use all of the cleaner and did not throw the wipes away. We also used rags to wipe and clean our desks, chairs, tables and other things in the classroom. We made the wipes out of old t-shirts, so that they could be washed and used again. After we finished, we put the wipes in a reusable bag. Now, we can use them again!

Try it yourself! It worked great!





## Make Your Own Green Cleaners at Home!

### Things You Should Know:

- **“Cleaning”** is removing dirt you can see or feel. You should clean after eating, or after art projects/projects that are messy, etc.
- **“Disinfecting”** is removing or killing germs you cannot see. You should disinfect at the end of the day to give your next day a fresh start with fewer “bad” germs!
- Not all “germs” are bad. There are “good” bacteria in our world too that we need to stay healthy. When we disinfect too often or with chemicals that are too strong, we can remove too many “good” bacteria that our bodies need.
- These strong chemicals can take a toll on our bodies AND the environment.
- ***By making our own cleaners and disinfectants, we know exactly what ingredients are being used and can eliminate exposing ourselves or our environment to harsh chemicals.***

**IMPORTANT NOTE:** Sometimes stronger cleaners and disinfectants are necessary! Especially during big germ outbreaks such as COVID-19 and the FLU.

- ***Essential Oils*** such as peppermint, lavender, tea tree, eucalyptus, lemon, rosemary, thyme and sage exhibit antimicrobial properties!

### Supplies Needed:

- |   |  |
|---|--|
| <input type="checkbox"/> old T-shirts, cut into wipe-sized pieces | <input type="checkbox"/> spray bottle          |
| <input type="checkbox"/> scissors                                 | <input type="checkbox"/> measuring cups        |
| <input type="checkbox"/> glass jars with lids                     | <input type="checkbox"/> measuring spoons      |
|   | <input type="checkbox"/> large stirring spoons |

## All-Purpose Cleaner

- ¼ cup white vinegar
- 12-20 drops essential oils
- 1 tsp castile soap
- 2 cups water
- 1 spray bottle
- 1 t-shirt cut into wipe-sized squares

**To make:** Add all ingredients to spray bottle and gently shake to mix together.

**To use:** Spray surfaces and wipe with cloth wipes to remove dirt/grime after “messy” activities such as snack time, art projects, etc.

**Alternative Recipe Using Lemons or other Citrus:**

<https://homesteadandchill.com/homemade-lemon-vinegar-cleaning-spray/>



**Compare the ingredients above to this commercially made cleaner:**

Water  
Sodium  
Dodexylbenzenesulfonate  
Fragrance  
C9-11 Pareth-8  
Sodium C12-15 Pareth Sulfate  
Sodium Laureth Sulfate  
Glutaral  
Citric Acid  
Colorants



## Reusable Disinfecting Wipes

- 1 cup water
- ½ cup white vinegar
- ¼ cup rubbing alcohol
- 1 tsp castile soap
- 2 essential oils, 8-12 drops each
- 1 t-shirt cut into wipe-sized squares
- 1 glass jar or container with lid



**To make:** Add all ingredients to jar or container and gently stir to combine.

**To use:** Squeeze out excess liquid from cloth wipes. Use wipes to remove germs from high-touch surfaces such as desks, door knobs, etc. Wash t-shirt wipes as needed.

## Compare the ingredients above to this commercially made cleaner:



Alkyl (50% C14, 40% C12, 10% C16) dimethyl  
benzyl ammonium chloride  
Water  
Ethanol  
C9-11 Alkyl Glucoside  
Propylene Glycol Butyl Ether  
Ethanolamine (Ethanol, 2-Amino-)  
Fragrance/Parfum  
2,4-Dimethyl-4-phenyltetrahydrofuran  
Dihydromyrcenol  
Eugenol  
Ethanol