

Delta Gamma Well Aware

Encompasses eight dimensions: Social, Spiritual, Physical, Emotional, Vocational, Intellectual, Financial and Leadership Development

Spring Clean and Go Green



Did you know that the typical American home contains three to 10 gallons of hazardous materials and uses and stores more than 60 hazardous household products? Many of our favorite cleaners and sanitizers can be damaging to the respiratory system, cause eye irritation and more. This year when you spring clean....go green!

Natural Cleaning Alternatives

Baking Soda

- Eliminate scuff marks on vinyl floors by scouring them with baking soda
- Remove tarnish on silver items by adding baking soda and a small piece of aluminum foil to boiling water; bathe the silver until it comes clean
- Clear a clogged drain by pouring down 1/2 cup each of baking soda and vinegar; wait five minutes, then flush with boiling water

White Vinegar

- Clean toilet bowl rings with a paste made of baking soda and vinegar
- Eliminate hard water spots from glass and crystal by soaking them for five to 10 minutes in a sink filled with near-boiling water and two cups vinegar
- Clean dirty windows by first wiping them with rubbing alcohol, then rinsing them with two tablespoons of vinegar in one quart of water; use newspapers instead of paper towels to clean the windows or invest in a squeegee to cut down on waste
- Polish wood with three parts olive oil to one part vinegar
- Use half-vinegar, half-water to remove soot from fireplace doors, wiping them with old newspaper
- Easily remove grease and stubborn leftover food from dishes by adding a few lemon slices or a tablespoon of vinegar to soapy dishwater
- Use vinegar on a damp sponge to remove soap scum and hard-water spots from stainless-steel sinks

Miscellaneous

- Polish chrome by using a small amount of organic baby oil on a soft, clean cloth OR
- Clean chrome, porcelain, silver and stone surfaces using white, non-gel toothpaste

- Take spots out of fabric, carpet and upholstery by soaking with club soda or lemon juice
- Clean very dirty hands with a thick paste of oatmeal and water; rinse and wash as usual
- Use tea to clean wood floors; simply brew two teabags in hot water and cool to room temperate; use with a mop or cloth on floors; no rinsing needed
- Use hydrogen peroxide to clean surfaces instead of chlorine bleach, which can cause breathing problems and is a common culprit in most household poisonings
- Pour lemon juice on a soft cloth and sprinkle with cream of tartar to remove rust stains from stainless-steel sinks, cookware, etc.



Natural Odor Eliminators

- Make a homemade air freshener by mixing one teaspoon baking soda, one tablespoon white vinegar and two cups of water; pour in a spray bottle and shake well before using
- Sprinkle a heavy coating of baking soda in the bottom of a littler box and then add the litter; it will help with cat-litter odors and is not harmful to the cat
- To eliminate the odor of burned food, simmer lemon juice and/or lemon slices in a pot of water
- To eliminate the odor of fried food, pour white vinegar in a bowl and place it close to the cooking surface; or boil one tablespoon white vinegar in a cup of water to eliminate the odor
- Pour vinegar over white bread in a bowl and place in drawers, trunks or other areas that have a musty odor; leave for 24 hours and the bread will completely absorb the musty smell
- To freshen your refrigerator:
 - Pour vanilla extract on a cotton ball and place on a saucer in the refrigerator; dry coffee grounds placed on a saucer also work well
 - Remember to change the refrigerator box of baking soda every April and October when you reset your clocks

Wellness Resources

Health, March 2006

Green Home, www.greenhome.com

Do It Yourself Network, www.diynetwork.com

Please reference for additional information. If you click on either of these links for more information, you will enter a non-Delta Gamma supported Web site. The material on the third party site is not endorsed by Delta Gamma nor does Delta Gamma verify the accuracy of the material. Please observe that you are entering another site that is solely provided as a vehicle to find additional information on a topic. Delta Gamma does not endorse any commercial products that may be advertised or sold on these sites.

For presentation ideas and additional information on wellness topics visit http://www.deltagamma.org/personal_growth.shtml. If you have any questions, suggestions, or comments, please e-mail wellaware@deltagamma.org. Wellness e-mails can be accessed online at http://www.deltagamma.org/wellness_emails.shtml

The information in this e-mail should not be considered complete or be used in place of a call or visit to a professional. The information is not intended as professional advice.

The views and opinions of the authors and contributors expressed in this wellness e-mail do not necessarily state or reflect those of the Delta Gamma Foundation or Fraternity, and they may not be used for advertising or endorsement purposes.

☞ Brought to you by the Delta Gamma Foundation ☞

“Delta Gamma Foundation offers all members lifetime enrichment through educational growth, personal development and opportunities for philanthropic service in the highest spirit of social responsibility.”