

Local news

▼ HOUSEHOLD CLEANING TIPS

Environmentally friendly ways to wipe out germs

We all could use some healthy household hints to help us save time, money and the environment.

Readers have written in with interesting questions, which do in fact have some eco-friendly alternatives that will benefit the environment and your budget.

One reader asks, "I know that my drains are a haven for bacteria, germs and the like.

"Do you know of a good way to keep it relatively clean and odor free?"

The key with drains is to have consistency.

The drain is one of the dirtiest places in your home, so it is a good idea to do the following once or twice a month.

Pour one cup each of baking soda, salt and vinegar down your drain.

Let the combination sit for 20 minutes, then follow with two to three cups of boiling water.

To keep your drains constantly clear, you can pour three to five tablespoons of salt followed by two cups of boiled water down your drains weekly.

This should keep the germs and bacteria from crawling up into your sink and reaching you.

Another reader asks, "I have mold forming on the grout and tiles in my shower, what can I do to get rid of it?"



NATALIA MORFY

Eco-friendly lifestyles

Mold is one of those hard-to-clean, unsightly household issues.

We know that we need to get rid of it, but how?

Hydrogen peroxide has been known to be a safe household cleaner, oxidizing agent and thus, a great disinfectant.

But it also has great mold and mildew-fighting properties.

Try purchasing the three per cent solution that can be found at the drugstore or grocery store.

Spray moldy areas and let sit for 20 to 30 minutes—spray again and let sit for one hour.

If the mold is still too stubborn to easily wipe away, you might want to spray a third time and let sit for another 30 minutes. Vinegar can be sprayed

on the moldy surfaces directly after the last hydrogen peroxide application to further disinfect.

Wipe surfaces with a damp sponge and rinse. Voila...disinfected and mold free.

Another client asks, "How can I clean my coffee maker? My friend suggested adding a little bit of bleach to hot water and running it

through the machine. I was wondering if you know of any alternatives?"

I've heard so many people say that they run vinegar through their coffee machines to eliminate stains and water buildup.

Here's a great way to clean your coffeemaker at home without bleach. Remove any filters and fill your coffee maker with

1/4 vinegar to 3/4 water. Run your machine and let sit for 10 minutes, then repeat.

Then run your coffee maker with water only and let sit for 10 minutes, and repeat. You can clean your carafe and other removable parts

with hot, soapy water. I hope you find these healthy household alternatives useful. You too can have your

household questions answered—or, if you have some great healthy household hints that you'd like to share, email me at service@innaculateriors.ca. I'd love to hear from you.

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