

Pro Kinship for Kids

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Pro Kinship for Kids
 Lower level Our Saviors
 Lutheran Church
 1400 S. State Street
 P.O. Box 666
 New Ulm, MN 56073
 Phone 359-2445 or
 1-800-642-5779
 Website:
www.prokinship.org

Newsletter by



Clean and Green

Homemade cleaners can be as effective as conventional ones. You can use items you have at home already and save some money. The key is... keeping a home clean makes the cleaning tasks a lot easier than waiting until the job is too big!

Before you get started note that a microfiber cloth can save a lot of time with simple tasks like dusting, then wash, and be ready for the next time. Hot water will clean better than cold, so use as hot a water as you can handle.

Here are some green recipes:

All-Purpose Cleaner

1/2 c. vinegar
 1/4 c. baking soda
 1/2 gallon hot water
 Mix ingredients in spray bottle. For very light jobs, you can also just use baking soda with water or 1/2 c. vinegar with 1 quart water.

Window/Mirror cleaner

3 Tbsp. vinegar
 1 quart water
 Mix ingredients in spray bottle. For a stronger

solution mix half and half vinegar and water. Hint: Newspaper leaves a streak-free shine.

Toilet bowl cleaner

1/4 c. baking soda
 1 c. vinegar
 Mix ingredients and pour into basin, allowing to sit for 3 minutes to 1/2 hour. Scrub with brush and rinse.

Oven cleaner

1/4 c. baking soda
 2 Tbsp. salt
 Mix in hot water as needed to make a paste. Let paste sit for 5 minutes. Don't use on wires or heating elements.

Mildew cleaner

1/4 c. of bleach per 1 quart of water
 Spray, let sit for 15 minutes before rinsing.

Wood cleaner

2 Tbsp. olive oil
 2 Tbsp. white vinegar
 1/4 c. lemon juice
 Mix ingredients and rub into wood using a soft cloth. Rub in the direction of the wood grain.

Garbage disposal

Grind ice with either used lemon, lime, or orange rind in the disposal. Ice also sharpens the blades of the disposal.

Refrigerator cleaner

2 Tbsp. baking soda
 1 quart warm water
 Dissolve baking soda in water. Wipe down. You can also make a paste out of the baking soda with less water for more stubborn spots. A small opened box of baking soda will keep refrigerator smelling fresh.

Helpful Hint: To sanitize cutting boards, spray with vinegar, then spray with 3% hydrogen peroxide (but don't mix together in one bottle). Let sit for 10 minutes.

Drain cleaner

Pour 1/4 c. baking soda followed by 1/2 cup vinegar. Cover and let sit for 15 minutes. Follow with 2 quarts boiling water.

Want your cleaners to smell better? Add lemon juice or essential oils.

Clean and Green continued

Know Your Cleaners

<i>Type</i>	<i>What it does</i>	<i>Conventional</i>	<i>Alternative</i>
Base/Alkali	Good for removing dirt, fat, and grease	All purpose cleaner, oven cleaner	Baking soda (mild) Borax (moderate) Washing soda (strong)
Acid	Breaks things down like rust, mineral deposits, hard water stains. Good for glass, windows, brass, copper, tiles, and mold.	Toilet bowl cleaner Tub and tile cleaner Mold solutions	Vinegar Lemon juice
Detergents	Loosens dirt and lift it up and out of the way. Usually used on laundry or dishes.	Laundry detergent Dishwashing liquid Cleansers	Washing soda/borax Soap nuts/granules Vegetable/coconut oils
Abrasives	“Cleansers” Wears off dirt by rubbing. Found in powders and scouring pads. Can scratch surfaces.	Scouring powders Steel wool	Baking soda or salt Borax/washing soda Mesh pads
Bleach and Sanitizers	Whitens. Removes stains. Disinfects or reduces number of bacteria. Sanitizers also help areas smell good.	Most common household product is chlorine bleach	Sunlight/citrus Hydrogen peroxide Borax or vinegar Tea tree/lavender oil
Air Fresheners	Helps the air smell good	Plug-ins Sprays	Open window Essential oils Lemon or lime juice Simmer spices on stove Baking soda

4 Health Tips

1. Get Cooking - Preparing foods at home can be healthy, rewarding, and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.
2. Fix Healthy Snacks - Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese or hummus, or a tablespoon of nut or seed butter with an apple or banana.
3. Banish Brown Bag Boredom - Whether it's for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas.
4. Get to Know Food Labels - Reading the Nutrition Facts Panel can help you choose foods and drinks to meet your nutrient needs.