



TIP TUESDAY

A weekly guide to help you kick your plastic habits.



Re-use Plastic Spray Bottles

Whistle While You Work!

Make Your Own Cleaning Products:

Skip the toxic cleaners that come in plastic spray bottles and make your own. This allows you to choose any scent you want while reducing your consumption of single-use plastic bottles.

Tips & recipes for homemade and easy-to-use plastic-free cleaning supplies:

- Re-use plastic spray bottles from previously purchased cleaning supplies - this reduces your plastic footprint
- [Make the most of baking soda](#)
- [Step-by step video for handmade dish soap](#)

Now that you have your products, here are some ideas on how to replace cleaning wipes in plastic containers:

- No more sponges wrapped in plastic! Clean out your closet and instead of throwing away old towels or sheets use them for dust rags, to dry dishes or to clean floors.
- Trade your plastic loofah for one from your garden - [use this tutorial to grow your own loofah!](#) Loofah plants grow best in [USDA Zones 6 or warmer](#) (NJ is 6A, 6B & 7A).



Use an old cloth or make your own!

Plastic-free Tricks of the Trade - creative, plastic-free ideas for hard-to-clean surfaces!

- Polish brass/aluminum with lemon juice and cream of tartar.
- Try ½ cup lemon juice and 1 cup olive oil or mineral oil with or without beeswax as furniture/wood polish.
- Baking soda and vinegar make a great combination for toilet bowl cleaner - show the little ones as a science experiment and watch it fizz!



Corn Fiber Wooden Broom

Try steam cleaning! Instead of buying scented cleaners just fill your steam cleaner with water and add a few drops of your favorite essential oil!

Use a **broom with corn fiber bristles** and a **metal or stainless steel dustpan** instead of plastic.

Just For Fun:

After all is said and done, forget the air fresheners in plastic bottles and make your home smell wonderful with homemade room and linen sprays. Try different combinations of citrus peels, herbs and essential oils soaked in distilled water. Re-use plastic spray bottles.

Try these combinations:

Cinnamon & Oranges ~ Cloves & Apples~ Lemon & Basil ~ Lemon & Rosemary ~ Lime & Thyme ~ Grapefruit & Mint ~ Peppermint, Eucalyptus & Lavender [Recipe for aromatherapy room or linen spray](#)

Great plastic-free freshener ideas for hard-to-reach places:

- Pour a small amount of vanilla extract onto a cloth and wipe the walls of the fridge/microwave OR use half of a lemon in a bowl of water, cook on high for three minutes and wipe the fridge/microwave for a great clean, smell!
- [DIY dryer sheets for great smelling laundry](#)
- To remove odors from garbage disposals try these tricks:
 - Rinse with ice, rock salt and 1 cup of vinegar
 - Freeze a tray of vinegar ice cubes, place in disposal and run with cold water
 - Process baking soda and vinegar with cold water
 - Cut up lemon/lime/use peels and process through disposal



Go Plastics-Free and end your plastic habits today!

- 1) [Click here to sign our pledge](#)
- 2) Tell us how you're doing and share your ideas
- 3) Encourage others to take the pledge
- 4) Spread the word via Social Media

Ideas for or comments about Tip Tuesday? Contact Lauren:
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