Reduce Household Hazardous Waste—

Try less-toxic alternatives or make your own Bleach! Why?

The main ingredient in chlorine bleach is sodium hypochlorite (chlorine added to lye.) Chlorine is toxic as a skin irritant, and by inhalation. Workplace safety data sheets warn that sodium hypochlorite may be a neurotoxin and cause liver damage. Sodium hypochlorite readily combines with organic matter to form organochlorines which are highly toxic to aquatic life. *Never mix chlorine bleach with vinegar or ammonia (which may be an unlabeled ingredient in some cleaning products). This can create extremely toxic fumes of poisonous chlorine gas.*

**Less-Toxic Alternatives You Can Buy:**

Hydrogen peroxide—drug store dilution. Use 1/2 cup per wash load
OxiClean®—oxygen bleach or Simply Clean®—oxygen bleach powder

### Home-Made Alternative to Bleach

**INGREDIENTS**

- 3/4 cup 3% hydrogen peroxide
- 1/4 cup lemon juice
- 1 Tbsp. citric acid (optional – whitens clothes naturally and helps to soften water, making this more effective in hard water)
- distilled water to fill
- 20 drops lemon essential oil
- Amber 1/2 gallon glass jug

**DIRECTIONS**

- Pour hydrogen peroxide, lemon juice, citric acid (if using), and lemon essential oil into an amber glass bottle. Swish around until citric acid is dissolved.
- Fill the rest of the jug with distilled water and use as you would bleach.