

THINK!

BEYOND THE BANKS

YOU CAN HELP IMPROVE THE CHICAGO RIVER WITH THESE
Eco-Friendly Cleaning Recipes



IN PARTNERSHIP WITH

WRIGLEY Company Foundation

Friends of the Chicago River



www.chicagoriver.org/think

Friends of the Chicago River

Founded in 1979, Friends of the Chicago River is the only organization solely dedicated to the improvement and protection of the Chicago River. Friends achieves our mission through education programs that foster awareness, involvement, and a stewardship ethic; public policy and planning efforts that result in systemic river improvements; and on-the-ground projects that physically improve the Chicago River.

Friends' Mission Statement

The mission of Friends of the Chicago River is to improve and protect the Chicago River system for people, plants, and animals.

About the Chicago River

Extending from northern Lake to southern Cook County, the 156-mile Chicago River system is an interesting and complex series of waterways, which are inextricably linked to Chicago's history and the development of the region. Flowing through dozens of communities, the river winds its way past forest preserves, parks, industrial zones, and downtown Chicago where it provides a breathtaking natural vista that complements one of the world's most famous skylines.

Over the last 200 years it has been subject to many human modifications including channelization and flow reversal, yet it still maintains its natural character and is an essential asset to the almost 70 species of fish, 60 species of birds as well as many other species including beavers, muskrats, snapping turtles, occasional river otters, and many more.



Once considered a community detriment, the Chicago River is now a symbol of ingenuity and progress and is becoming a treasured natural resource that is shared and valued by business leaders, government officials, and the residents of our watershed.



THINK! Beyond the Banks Initiative

Friends of the Chicago River and the Wrigley Company Foundation launched the THINK! education campaign to help people understand how they can make a difference as individuals, families, and classrooms. Seemingly small “everyday” actions can have a huge impact that will help the river.

Our Think! Beyond the Banks initiative promotes river-thinking in our everyday lives. When we all act river-friendly at work, at school, and at home, we help the Chicago River become an even greater resource for the people who live here and the wildlife like catfish, turtles, herons, beavers, muskrats, and so many other creatures.

The mission of the Wrigley Company Foundation is to help improve the health of people and our planet through sustainable initiatives, including those focused on environmental stewardship, as well as local needs that ensure a healthy community. Since its founding in 1987, the Wrigley Company Foundation has donated more than \$60 million USD to charitable organizations improving lives around the world.

Recipes for Homemade Environmentally-Friendly Cleaning Products

There are many common household products that not only cause harm to our bodies of water but also to our bodies. According to Women's Voices for the Earth (www.womensvoices.org), there are quite a few household cleaning products that have hidden toxic chemicals that are known to cause allergies and cancer. Recipes included in this booklet come from Eco-Cycle (ecocycle.org/hazwaste/ecofriendly-cleaning/).

IMPACT: Making your own household cleaners can be easier and cheaper. By using this alternative, you will help prevent these toxins from entering our waterways and you will also be protecting your body.

SIMPLE INGREDIENT LIST

Most of the recipes in this book can be made with the following basic ingredients. Others include additional materials which can usually be found in your home or can be obtained cheaply and easily from the store. A cost comparison to some store-bought cleaning products is included with each recipe for your benefit.

- Borax
- Vinegar
- Salt
- Lemon juice
- Baking soda
- Liquid castile soap
- Washing soda
- Orange peel



HOUSEHOLD CLEANER

1 tsp. liquid soap (castile)
1 tsp. borax
one squeeze of lemon
1 qt. warm water

Cost: \$0.94 per gallon

HOUSEHOLD CLEANER

$\frac{1}{4}$ c. baking soda
 $\frac{1}{2}$ c. borax
 $\frac{1}{2}$ c. vinegar
1 gal. water

Cost: \$1.05 per gallon

Commercial equivalent:

Formula 409®: \$14.72 per gallon



WINDOW CLEANERS

2 tsp. vinegar or 2 Tbsp. borax
1 qt. warm water 3 c. water

Cost: \$0.44 per gallon

Commercial equivalent:

Windex®: \$14.23 per gallon

CLEANING TIPS:

For surfaces that need scouring, try a moist scouring pad with salt or baking soda.

After cleaning your windows wipe them dry with newspaper to avoid streaking.



OVEN CLEANER

¼ c. baking soda
2 Tbsp. salt & hot water to make a paste.

Apply and let paste sit for 5 minutes, then wipe clean. Keep it off heating elements.

Cost: \$1.98 per gallon

Commercial equivalent: Easy-Off®: \$31.92 per gallon



OVEN CLEANER

2 Tbsp. liquid soap (castile)
2 tsp. borax
1 qt. warm water

Spray on oven, wait 20 minutes, then wipe clean.

Cost: \$0.94 per gallon

DRAIN CLEANERS

½ c. borax
2 c. boiling water
Pour borax in the drain
followed by the boiling water.
or

¼ c baking soda
½ c. vinegar
Pour both in the drain.
Cover and let sit for 15 minutes. Follow with
2 qts. boiling water.

Cost: \$3.03 per gallon

Commercial equivalent: Drano®: \$11.18 per gallon



CLEANING TIP:

For tough stains, scrub with fine steel wool and baking soda.



AIR FRESHENER

Gently simmer cinnamon sticks, orange peel, and cloves in hot water.

GARBAGE DISPOSAL FRESHENER

Grind ice and lemon juice and/or orange peel in the disposal.

ODOR ABSORBING TIP:

Pour $\frac{1}{2}$ cup baking soda in the bottom of trash cans and in the cat's litter box.

MILDEW REMOVER

$\frac{1}{2}$ c. vinegar

$\frac{1}{2}$ c. borax in warm water

Apply with sponge or spray bottle.

Cost: \$9.39 per gallon

Commercial equivalent:

Tilex®: \$15.96 per gallon



BASIN, TUB & TILE CLEANER

$\frac{1}{2}$ c. baking soda

1 Tbsp. liquid soap (castile)

TOILET BOWL CLEANER

Pour $\frac{1}{4}$ c. baking soda into bowl and drizzle with vinegar. Let it sit for $\frac{1}{2}$ hour. Scrub and flush. Add borax for stains.

Cost: \$5.07 per gallon

Commercial equivalent:

Lysol®: \$10.51 per gallon



CARPET CLEANING FOAM

¼ c. vegetable oil-based liquid soap
3 Tbsp. (or more) water

Whip ingredients in bowl with egg beater.
Rub the foam into problem areas of the rug.
Rinse well with water.

Cost: \$7.71 per gallon

Commercial equivalent: Resolve®: \$23.21 per gallon



HARDWOOD FLOORS CLEANER

½ c. white vinegar
1 gal warm water

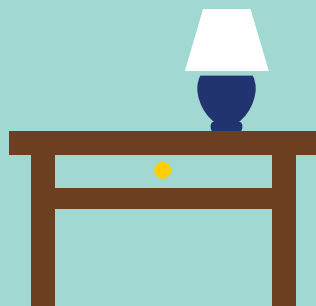
Polishing with skim milk after floor is dry will make the floor glow!

Cost: \$0.94 per gallon

WOOD FURNITURE POLISH

2 tsp. lemon oil
1 pint mineral oil

Mix together in spray bottle,
rub in and wipe clean.



WOOD FURNITURE POLISH

1 c. olive oil
½ c. lemon juice

After rubbing the mixture in, let stand for several hours
and polish with a soft, dry cloth.

Cost: \$0.15 per ounce

Commercial equivalent: Pledge®: \$0.54 per gallon



POLISHING TIP:

Rub toothpaste on wood furniture to remove water marks.



SILVER POLISH

1 qt. warm water
1 tsp. baking soda
1 tsp. salt

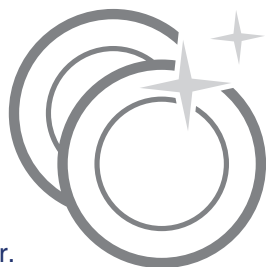
Apply solution with a small piece of aluminum foil

BRASS POLISH

Equal parts salt and flour, with a little vinegar.

CHROME POLISH

Use rubbing alcohol or ammonia with hot water.



LAUNDRY SOAP

Add $\frac{1}{2}$ cup washing soda to water before placing clothes in machine and substitute soap flakes or powder for detergent.

Add $\frac{1}{2}$ cup borax for additional cleaning power.



STAIN REMOVERS

Here are alternatives to enzyme pre-soaks and bleach for tough stains. Test each of the following remedies on a corner of your fabric first. Wash after application.



Soils: Rub with solution of 2 tbsp. washing soda in 1 cup warm water.

Wine: Immediately pour salt or hot water on the stain and soak in milk before washing.

Ink: Soak in milk or remove with hydrogen peroxide.

Coffee: Mix egg yolk with lukewarm water and rub on stain.

Mildew: Pour strong soap and salt on the spots and place in sunlight. Keep the spots moist, and repeat as often as necessary.



Grease: Pour boiling water on stains and follow with dry baking soda. Also try ammonia and water.

Blood: Soak in cold water or remove with hydrogen peroxide. For a more stubborn stain, mix cornstarch, talcum powder or cornmeal with water and apply to stain. Allow to dry and brush away.

Gum: Rub with ice. Gum will flake off.

Rust: Saturate with sour milk (or lemon juice) and rub with salt. Place in direct sunlight until dry, then wash.

Other Ways to Help the Chicago River (Other Things to Avoid)

Because our water sanitation systems are efficient and do a great job of supplying clean drinking water to households throughout the city, people do not realize that they may still be harming the river through use of different household products. There may be dangerous chemicals in your shampoo, dish soaps, laundry soaps, body soaps, and garden supplies.

1. Keep an eye out for sulfates in shampoo. When shopping, purchase sulfate-free and organic products.

IMPACT: The average person will use 1 bottle of shampoo every 2 months. So, the average household is using about 20 bottles of shampoo a year. If 20,000 households switch to sulfate-free or organic shampoos, our waterways will be clear of about 400,000 dangerous chemicals in the span of one year.

2. Keep an eye out for phosphates in dish soaps. When purchasing dish soaps, keep an eye out for phosphate-free soaps. Also, consider making your own dish soap!



IMPACT: According to the EPA, the average American household is using about 64 gallons of water daily when doing things like washing the dishes. Assuming a load of dishes is done once a day, if 20,000 households switched to phosphate-free soaps or organic shampoos, about 12,800,000 gallons of water would flow into our waterways phosphate free.

3. Switch from fertilizers to compost. Runoff and rain can cause the nitrates and phosphates in fertilizers to end up in our rivers.

IMPACT: The price of a small bag of fertilizer is \$15; the cost of composting is \$0. Fertilizer companies recommend that your grass be fertilized every 6-8 weeks. By switching to compost for your garden needs, you can save just under \$100.

LINKS

chicagoriver.org/think

womensvoices.org/avoid-toxic-chemicals/diy-recipes/

ecocycle.org/hazwaste/ecofriendly-cleaning/

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411 South Wells St. Suite 800 Chicago, IL 60607 TEL: 312.939.0490 FAX: 312.939.0931