



# The Essential Household Alternatives

*These basic household items are 'essentials' for every household. They have innumerable uses, are cost effective, easily accessible (from supermarket/garden) safe to use, and very environmentally friendly!*

Item	Uses	Location	e-booklets <i>(Publication Downloads)</i>
<b>Vinegar</b>	<b>White:</b> Cleaning, Disinfecting, Deodorising, Anti-bacterial agent, Culinary, Insect Repellent, Preservative  <b>Cider:</b> Hair conditioner, Skin astringent, Personal Deodorant, Therapeutic Uses	Supermarket <i>(Tip: Cheaper if purchased in bulk. Use cheaper vinegar for cleaning &amp; expensive cider vinegar for personal use).</i>	(Information Booklet) <b>No. 33</b> Versatile Vinegar <i>(includes how to make vinegar)</i> <b>No. 23</b> Green Cleaning <b>No. 22</b> Home-made Air fresheners <b>No. 30</b> Natural Skin Care <b>No. 2</b> Homemade Deodorants Also: <b>No.'s 27,5, 37,7,12, 14, 59</b>
<b>Bicarb Soda</b>	Abrasive Cleaner, Deodoriser, Whitener, Stain Removal, Teeth cleaner	Supermarket <i>(Tip: It's much cheaper from bulk supply stores).</i>	<b>No. 9</b> Amazing Bicarb! <b>No. 23</b> Green Cleaning <b>No. 1</b> Homemade Teeth Cleaners <b>No. 12</b> How to Make Do Also: <b>No.'s 2, 14, 27,35</b>
<b>Pure Soap</b> (bar of soap)	Cleaning/Cleaning Products, Personal Cleaning, Garden Spray (insect repellent), Deodorising, General Household Use	Most retail outlets <i>(Tip: Any bar of soap will do. Choose soap that best suites you &amp; your budget)</i>	<b>No. 50</b> Recycling Soap <b>No. 23</b> Green Cleaning <b>No. 14</b> Natural Hair Care <b>No. 21</b> Safe Organic Sprays Also: <b>No. 3, 25, 5, 47, 55, 37,</b>
<b>Oatmeal</b>	Mild abrasive cleaner, Skin Care & Cleanser, Water Softener, Culinary, Hair-care, Soap alternative	Supermarket or Health-shop <i>(Tip: Grind rolled oats in food-processor)</i>	<b>No. 58</b> Old-time Oatmeal <b>No. 30</b> Natural Skin Care Also <b>No.'s 37, 50, 26</b>
<b>Herbs</b> (examples: rosemary, thyme, sage, parsley, lavender)	Skin care, Hair Care, Personal Deodorant, General Deodorising, Oral care, Cleaning, Mild Disinfectant, Insect Repellent	Garden, Supermarket, Greengrocer	<b>Ways With Rosemary, Ways With Thyme, Ways With Sage, Ways With Lavender, Ways With Parsley, etc.</b> <b>No. 61</b> Harnessing Herbs <b>No. 7</b> Making Herbal Vinegar
<b>Rice-flour</b>	Personal Care Products	Supermarket	<b>No. 2</b> Homemade Deodorants
<b>Eucalyptus Oil</b>	Stain removal, Deodorising, Disinfecting, Cleaning, Therapeutic, Insect Repellent	Supermarket Health-food shop	<b>No. 51</b> Uses for Eucalyptus Oil <b>No. 23</b> Green Cleaning Also: <b>No.'s 20, 21, 38,35</b>
<b>Beeswax Honey</b>	Emulsifying/healing agent (for skin creams & products), Sealant, Preservative, Polish. Therapeutic	Honey: Supermarket. Beeswax: Beekeepers or Specialty shops	<b>No. 4</b> Making Beeswax Products <b>No. 13</b> Making Simple Salves & Creams Also: <b>No.'s 30, 13, 5, 55,</b>
<b>Lemons</b>	Mild Bleach, Cleaning, Deodorising, Skin Care, Hair Care, Disinfectant, Culinary, Insect Repellent, Therapeutic	Supermarket <i>(Tip: Only practical if you have a lemon tree)</i>	<b>No. 10</b> Humble Lemon Also: <b>No.'s 30, 5, 14, 37, 22, 12, 20</b>
<b>Salt</b>	Abrasive Cleaner, Disinfectant, Soot remover	Supermarket	<b>No. 24</b> Back-to-Basics Cleaning. Also: <b>No. 59,37</b>



## The Savings

By using these items the following can be removed from your shopping list:

- oven cleaner
- dish-washing detergent
- laundry detergent
- carpet deodorant
- surface spray
- floor cleaner
- carpet shampoo
- wooden surface cleaners
- surface sprays & cleaners
- abrasive cleaners
- deodorizing agents
- bathroom cleaner
- mould remover
- disinfectant
- toilet cleaner
- drain cleaner
- window cleaner
- water softener
- stain remover
- skin cleansers and astringents
- hair shampoo
- toothpaste
- talc & body powders
- shower gels and personal cleaners
- liquid hand soap
- pet care products
- hair conditioner
- floor & wood polish
- insect repellents
- garden sprays
- air fresheners and room deodorizers

### Useful recipes:

◆ **Homemade Disinfectant:** Half fill a recycled plastic bottle (an old vinegar bottle is ideal) with cheap (white) vinegar. Fill the remainder of the bottle with water. Add a four drops eucalyptus oil and 2 drops green food colouring. Apply lid and shake. For Lavender disinfectant use lavender oil and pink/purple colouring. *(From e-Booklet No. 33 Versatile Vinegar)*

◆ **Carpet Deodoriser in recycled jar:** Three-quarter fill a clean medium-sized jar with bicarbonate soda. Add 6 drops eucalyptus or lavender oil. Apply lid. Shake well to blend. Leave 24 hours for the perfume to permeate the bicarbonate soda. Punch holes into the lid of the jar to form a sprinkle-top container. **To Use:** Sprinkle onto the carpet area, focussing specifically on areas that require extra deodorising. Leave 30 minutes - then vacuum or brush off. *(From e-Booklet No. 9 Amazing Bicarb!)*

◆ **Economical Soap Jelly (Turning a bar of soap into 20 litres of soap Jelly):** Grate one bar of soap. Put one half in one 9 ½ – 10 litre bucket. Put the other half of grated soap in another bucket. Add ½ cup washing soda and 2 litres of boiling water to each bucket. Stir both buckets until mixture has dissolved. Top each bucket up to full with water. Leave to cool. Use approx. 1 cup of mix to full wash tub (for clothes) OR use to wash dishes (in place of detergent) OR as a liquid hand wash or hair shampoo. *(From e-Booklet No. 50 Recycling Soap)*

### ◆ **Oatmeal-Honey Facial Scrub**

Blend together: 4 teaspoons oatmeal, 1 tablespoon clear honey and juice of one lemon or water (for sensitive skin). Apply to the face. Massage in gentle circular motions for approximately 3- 5 minutes. Rinse off. *From e-Booklet No. 30 Natural Skin Care and No. 58 Old-time Oatmeal*

◆ **Herbal Infusion:** Place 3 teaspoons fresh herbs in an earthenware or glass container. Gently crush the herbs with the back of a spoon (to aid release of essential oils). Add 250ml boiling water. Leave to steep for about 5 minutes or for a stronger infusion leave longer. Strain and use as required. (If using dried herbs blend one teaspoon herbs with one cup boiling water). Use as a hair rinse, skin (facial) astringent or pour into spray bottle and use as a mild deodorant or body spray. Add to homemade skin creams and other products. *(More about herbs in the 'Ways With' collection of e-books)*

◆ **Herbal Spray Deodorant:** Pour 90mls of herbal infusion (thyme & rosemary are best) into a 100ml spray bottle. Add 8 mls cider vinegar. Apply lid and shake Use this mix twice daily in place of commercial deodorants Add 2-3 drops of lavender essential oil to make a lavender scented deodorant.. *(From e-Booklet No. 2 Homemade Deodorants)*

### ◆ **All-purpose Grime/Stain Remover**

Mix together 1/3 cup each of water, cloudy ammonia and liquid soap-jelly\*. Add 8-10 drops eucalyptus oil. Mix and pour into a recycled spray container. Cleans everything: Stains on clothing (apply before washing) or spray onto surfaces to clean grime, grease and dirt from walls, vinyl, stove top, tiles, around light switches, etc. \* use bio-degradable dishwashing detergent if soap jelly is not available. *(From e-Booklet No. 23 Green Cleaning)*