



Make Your Own Low Cost & Plastic Free Cleaning Products with Plastic-Free Hackney



Nowadays, our homes are full of expensive products that we rely on to clean both our homes and ourselves.

These products are costly, packed with unpronounceable synthetic chemicals that may or may not be good for our health, and are frequently available only in single-use plastic packaging.

We'd like to look at doing things the old-fashioned way.

Using just a few simple low-cost natural ingredients the following recipes show how to make your own cleaning products that you can easily replicate at home.

It seems bizarre that we are told to keep cleaning products "out of the reach of children", the packets are covered in warning signs and yet we liberally spray them around our homes! That back-of-the-throat burn you can get with traditional cleaning products is a warning that these are not good for us.

Our cleaning recipes will leave you with a sparkling home without the toxic load and are cheaper too!

Plastic-Free Hackney is a campaign group committed to creating a cleaner and greener community for everyone. We aim to do this through a circular approach:

- raising awareness of the issues of single-use plastics and working with groups to find sustainable alternatives;
- organising litter picks and community events to remove plastic pollution from our environment.

If you would like to get involved with the group, please let one of us know or send us an email to hello@plasticfreehackney.com

Thanks to Hackney Council for sponsoring these workshops which are being run as part of Hackney Council's Zero Waste Week.

Where to find the ingredients

Ingredients marked with * are also readily available at many of Hackney's refill shops. Look out for Dri Pak (DP) products. Their website is full of great tips www.dri-pak.co.uk

Ingredients	Wilko	Robert Dyas	Ethical Superstore	Tesco	Star Discount
Bicarbonate of soda*	£1.75/500g	£1.79/500g	£1.85/500g	£1.40/100g	£1.60/500g
Borax substitute		£1.79/500g	£1.99/500g		£1.60/500g
Cornflour*				£1.50/500g	
Citric Acid*	£1.75/250g	£1.79/250g	£2.10/250g		£2/250g
Distilled White Vinegar*	£1.50/750ml	£1.49/500ml	£1.85/500ml	£1.10/568ml	
Essential Oils*			£5/10ml		
Liquid soap		£3.29/750ml	£2.99/750ml		
Soda crystals	£1.50/1.5kg	£1.79/1kg	£2.78/2kg	79p/1kg	£1.25/1kg
Rubbing Alcohol					£4/500ml

Star Discount: 60 Chatsorth Road E5 0LH

Where to get refills and unpackaged products in Hackney

Bulk Food

Get Loose 1a Goldsmiths Row E2 8QA
Food for All 3 Cazenove Rd N16 6PA
Bulk Market 6 Bohemia Place E8 1DU
Re:Store Shop 6, Hackney Downs Studios,
17 Amhurst Terrace E8 2BT
Mother Earth Albion Parade, 5 Albion
Road N16 9LD
Millhouse Arch 395, Mentmore Terrace E8
3PH
Eat 17 64-66 Brooksby's Walk, E9 6DA

You can find many more local zero waste options by putting your postcode into the excellent website zerowastenear.me

Have you signed up to the Hackney Zero Waste Challenge? For a chance to win £50 to spend in local zero waste shops check out the challenge online:
<https://www.hackney.gov.uk/zero-waste>

Toiletry Refills

Get Loose 1a Goldsmiths Row E2 8QA
Food for All 3 Cazenove Rd N16 6PA
Bulk Market 6 Bohemia Place E8 1DU
Re:Store Shop 6, Hackney Downs Studios,
17 Amhurst Terrace E8 2BT
Hackney Fresh 334 Mare Street E8 1HA

Cleaning Refills

Organico 39 Chatsworth Road E5 0LH
Get Loose 1a Goldsmiths Row E2 8QA
Food for All 3 Cazenove Rd N16 6PA
Bulk Market 6 Bohemia Place E8 1DU
Re:Store Shop 6, Hackney Downs Studios,
17 Amhurst Terrace E8 2BT
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3PH
Eat 17 64-66 Brooksby's Walk, E9 6DA
Health Stuff 168 Dalston Lane E8 1NG

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Glass & Mirror Cleaner

Ingredients

55ml surgical spirit (rubbing alcohol) or vodka! (optional)
55ml distilled vinegar
1 tablespoon cornflour (or rice flour)
450ml warm water

Equipment

Measuring jug
Old spray bottle

Method

Add all the ingredients together into an old spray bottle. Give it a good shake and you're good to go!

Making distilled vinegar from Citric Acid

Dissolve 2 tablespoons in 500ml hot water and use as per usual.

Lemon Multi-purpose Spray Cleaner

Ingredients

Distilled white vinegar
2 lemons, peel only
A few sprigs fresh thyme
1 teaspoon liquid castile soap
(or washing-up liquid)
3 to 5 drops lemon essential oil (optional)

Equipment

Vegetable peeler or knife
Large jam jar
Old Spray bottle



Method

1. Use a peeler or knife to cut the peel from the lemons and scrape off as much of the inside white part as possible. Place the lemon peels and the thyme sprigs into a jar.
2. Fill the jar with distilled white vinegar (see Glass & Mirror recipe) and replace the lid. Give the jar a good shake to move the vinegar around and coat the infusion ingredients. Let the vinegar infuse for about 10 to 14 days.
3. After the infusion period is over, strain out the solids from the vinegar and discard them.
4. Pour 1/2 cup of the lemony vinegar solution into a spray bottle. Return any leftover vinegar to your infusion jar until needed.
5. Dilute the vinegar by adding 2 cups of water, 1 teaspoon washing-up liquid, and 3-5 drops of lemon essential oil (if using) to the spray bottle.
6. Swirl the ingredients together. To use, spray onto countertops, sinks, and toilets and wipe with a wet rag.

You could also try a rosemary and lavender infusion or lime and mint following the above recipe. In fact you can infuse it with almost anything! Adding essential oils will make it more potent but they're not essential.

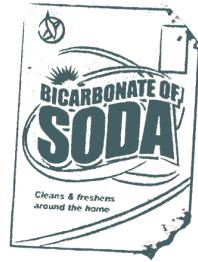
Laundry Powder

Ingredients

110g borax substitute
110g soda crystals
35g bicarbonate of soda
15g soap flakes (or grated soap)
5 drops essential oils (optional)

Equipment

Large bowl
Spoon
Old container



Method

Mix together all the ingredients until well blended. If you can't find soap flakes, you can just grate a bar of soap instead.

Dosage:

1 dessert spoon for a small load
2 for a large/heavy stained load

Tip: You can also use white vinegar instead of fabric conditioner, use the same dosage as you would for your regular softener. It won't leave a residual smell however you could add some essential oils if you wanted to fragrance it.

Cream Cleaner

Ingredients

110g bicarbonate of soda
2 and a 1/2 teaspoons liquid soap (or washing-up liquid)
18 drops essential oil

Equipment

Old spray bottle
Bowl
Spoon

Method

Mix the bicarbonate of soda with the essential oils. This will be a powder consistency. Then adding just half a teaspoon at a time, gradually mix in just enough liquid soap/washing-up liquid until you have a thick paste.

The essential oils are not essential, but will make your home smell nice.

Carpet Cleaner

Ingredients

85g Borax substitute
500ml water

Equipment

Measuring jug

Method

Combine the two ingredients together and mix well. Rub into the stain on the carpet.

Repeat half an hour later then wait for it to dry before vacuuming.