GREEN RECIPES

NON-TOXIC DIY RECIPES FOR YOUR BODY AND HOME

Tools and resources to reduce exposure to toxic & unnecessary chemicals in your products
Reducing your Exposure & Making safer choices

Tools to help you buy safer personal care and beauty products:
“Green”, “Organic”, “Natural”, what does it all mean? How can I choose products with less harmful chemicals? Are organic products safer?

Unfortunately, there is no official definition or regulation for marketing personal care products as “green”, “organic” or “natural”. Products marketed as organic, or green can often contain many toxic chemicals, such as coloring, fragrances, and carcinogenic or endocrine disrupting ingredients. The law does not require regulation of cosmetic products and ingredients, aside from color additives to be approved by the FDA.

So how can we know which products to buy?
The EHJ Advocates Youth Council has done the research and compiled some of our favorite apps and websites to help you choose safer options.

<table>
<thead>
<tr>
<th>NAME</th>
<th>LINK</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>EWG Skin Deep Database</td>
<td><a href="https://www.ewg.org/skindeep/">https://www.ewg.org/skindeep/</a></td>
<td>EWG’s Skin Deep® database gives you practical solutions to protect yourself and your family from everyday exposures to chemicals in personal care products.</td>
</tr>
<tr>
<td>EWG Build Your Own Report</td>
<td>b.<a href="https://www.ewg.org/skindeep/build_your">https://www.ewg.org/skindeep/build_your</a></td>
<td>Looking for a product and can’t find it in Skin Deep®? Use EWG’s Build Your Own Report tool to get an approximate score for that product.</td>
</tr>
<tr>
<td>App</td>
<td>own_report/</td>
<td></td>
</tr>
<tr>
<td>ThinkDirty App</td>
<td><a href="https://thinkdirtyapp.com/">https://thinkdirtyapp.com/</a></td>
<td>Think Dirty® app educates users on potential toxins in household, personal care and beauty products. Just scan the product barcode and Think Dirty will give you easy-to-understand info on the product, its ingredients, and cleaner options.</td>
</tr>
<tr>
<td>Clearya</td>
<td><a href="https://www.clearya.com/">https://www.clearya.com/</a></td>
<td>Clearya helps online shoppers find toxic-free products, using a free mobile app and chrome extension. Shop online as usual, and Clearya will alert you of toxic ingredients in your products and suggest safe alternatives.</td>
</tr>
</tbody>
</table>

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1 [https://www.fda.gov/cosmetics/cosmetics-labeling-claims/organic-cosmetics](https://www.fda.gov/cosmetics/cosmetics-labeling-claims/organic-cosmetics)
2 [https://www.fda.gov/cosmetics/resources-industry-cosmetics/small-businesses-homemade-cosmetics-fact-sheet#2](https://www.fda.gov/cosmetics/resources-industry-cosmetics/small-businesses-homemade-cosmetics-fact-sheet#2)
MAKING YOUR OWN PERSONAL CARE PRODUCTS

When you make your own products, you know exactly what is in them. You can reduce your exposure to fragrances, preservatives, and cancer causing chemicals, and you can customize to your preferences.

Conducting a patch test:
For homemade personal care products, it's important to conduct a patch test on a small section of your skin to make sure your skin isn't sensitive to any of the ingredients.

You can do a patch test by applying the ingredients to a small area of your skin, like the inside of your elbow. Then, wait for up to 48 hours to see if your skin develops any sort of reaction or irritation.

Additional Resources:

Safer Chemicals, Healthy Families:
Information about decreasing environmental harms from your life.
www.saferchemicals.org

Columbia Center for Children’s Environmental Health
Updates on environmental health research, tips for reducing exposure and educational materials.
www.mailman.columbia.edu/ccceh

WE ACT for Environmental Justice
Updates on environmental justice movement and advocacy taking place in New York City.
www.weact.org
EHJ Advocates - Rafael’s Deodorant

**Ingredients:**
- \( \frac{3}{8} \) cup Coconut Oil (Is a solid below 78 F room temp)
- \( \frac{1}{4} \) cup Baking Soda

*Optional: \( \frac{1}{4} \) cup Cornstarch instead of Baking Soda, \( \frac{1}{4} \) cup heated up Shea Butter (using microwave or pan)*

*Optional: Essential Oils (Ex: Lavender, Cedarwood)*

**Preparation:**
1. Use an old bowl and a fork or spoon to mix baking soda and/or cornstarch.
2. Add coconut oil to the bowl and mash until mixed well.
3. Optional, add essential oils a drop at a time (15-20 drops recommended) until you have a fragrance you enjoy.
4. Place in a small plastic (or preferably glass) jar or deodorant container and refrigerate for a few hours until set.

EHJ Advocates - Rafael’s Shampoo

**Ingredients:**
- \( \frac{1}{2} \) tablespoon Grapeseed Oil
- \( \frac{1}{4} \) cup Liquid Castile Soap
- \( \frac{1}{4} \) Distilled or Filtered Water

*Any spare or foaming bottle (you can reuse empty shampoo bottles)*

*Optional: Essential Oils (Ex: Lavender (Relaxing), Sandalwood (Invorgating), Peppermint (Tingling))*

**Preparation:**
1. Mix together all the ingredients in an old bowl.
2. Store in a bottle, even an empty shampoo bottle works (preferably glass). Shake before use. Enjoy!

**Important to conduct a patch test before use**
Leave it Better Bath Fizzie

**Ingredients:**

**DRY**
- 1 cup → baking soda
- ½ cup → citric acid
- ½ cup → Epsom salt

**WET**
- 2 tbsp → coconut oil
- 1½ tsp → water
- 6-8 drops of essential oil-- *optional*

**Preparation:**

1. Sanitize your hands!
2. In one bowl, mix all the dry ingredients very well.
3. In another bowl, mix all the wet ingredients.
4. Slowly add all the WET ingredients to the dry. It will get sticky! Feel free to use your hands. You should get a moist, sandy texture that can be squeezed into a ball, but dry enough to crumble. **Mix very well.**
5. Begin molding! Fill each mold ¾ full
6. Let dry on a shelf
Leave it Better Lip Balm

**Ingredients:**
- 3 Tbsp Beeswax
- 3 Tbsp Coconut Oil
- 3 Tbsp Almond Oil
Optional: 10 drops of essential oils (Best to use: Orange, Eucalyptus, Lemon and Peppermint)

**Preparation:**
Mix all ingredients (Makes 10 lip balms)
Note: lip balm kit should be prepped, on top of tray for easy clean-up

Alternate Baking Soda and Coconut/Shea Butter Deodorant

**Ingredients:**
- Baking Soda
- Shea Butter or Coconut Butter (Or Coconut Oil)
Optional: Essential Oil (lavender, tea tree)

**Preparation:**
Mix 1 part baking soda with 2 parts shea butter or coconut butter, which may be helpful for dry, sensitive skin.

**Alternate Recipe:**
Mix 1 part baking soda with 4 parts coconut oil, and add a drop of essential oil, like lavender or tea tree oil

**Notes:**
*As a deodorant, baking soda may help neutralize odors. However, it may also cause irritation due to its drying properties. Please conduct a patch test of this recipe prior to use.

**Source and additional resources:**
- How to make a DIY baking soda deodorant
  [https://www.healthline.com/health/baking-soda-deodorant#how-to-make](https://www.healthline.com/health/baking-soda-deodorant#how-to-make)
Avocado Carrot Face Mask

This mask combines avocados, which are rich in Vitamin E, with carrots, which are high in beta-carotene and antioxidants, and cream, which is high in calcium and protein. These ingredients will rebuild skin collagen, improve tone and texture, and fade age spots.

Avocado, mashed
1 carrot, cooked and mashed
1/2 cup heavy cream
1 egg, beaten
3 tablespoons honey

**Preparation:** Combine all ingredients in a bowl until smooth. Spread gently over your face and neck. Leave in place for 10-15 minutes. Rinse with cool water and follow with your favorite toner.

Step 2: Take an empty toilet tissue roll and set it on the end in a clean bowl. Spoon the mixture into the cardboard toilet paper roll (or an empty deodorant container). Place the tube, in the bowl, in the freezer overnight.

Step 3: To use, peel away just the top 1/4 inch of the cardboard roll and smooth the frozen stick over your face (think of it as a push up pop). Leave your mask on for 5 to 10 minutes, then rinse off with warm water.

Return the cream stick covered with plastic wrap and frozen between uses. Particularly soothing on a sunburn. Keeps indefinitely.

**Source:**
- Massachusetts Breast Cancer Coalition - Natural Recipes for Personal Care Products from Campaign for Safe Cosmetics
  [https://www.mbcc.org/Natural%20Recipes%204.11.pdf](https://www.mbcc.org/Natural%20Recipes%204.11.pdf)
Frozen Egg and Honey Facial Mask

*Recommended for dry skin*

**Ingredients:**
- 1 egg
- ½ cup coconut oil, melted (but not hot)
- 1 tbs. Honey

**Preparation:**
Step 1: Beat the egg in a small bowl until frothy and well-mixed. Slowly add the liquid coconut oil and honey, beating until your mask is the consistency of mayonnaise.

Step 2: Take an empty toilet tissue roll and set it on end in a clean

**Source:**
- Massachusetts Breast Cancer Coalition - Natural Recipes for Personal Care Products from Campaign for Safe Cosmetics
  [https://www.mbcc.org/Natural%20Recipes%204.11.pdf](https://www.mbcc.org/Natural%20Recipes%204.11.pdf)

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Mayo and Avocado Deep Conditioning Hair Treatment

**Ingredients:**
1 Cup Mayo
½ Ripe Avocado

**Preparation:**
Scoop out avocado into a medium bowl, and use a fork or potato masher to mash well. Add the mayo, and combine well.

Smooth this mixture over your hair, concentrating only on dry areas and ends. Wrap your head with a plastic shower cap or plastic wrap.

Let the conditioner work for about 20 minutes for an ultra-deep conditioning, about half as long for a less intense treatment.

Rinse your hair very well with cool water, until the entire mixture is rinsed out.

**Source:**
- Food.com
Canela (Cinnamon) Air Freshener and Mexican Hot Cinnamon Tea

1. Fill a pot with cold water, approximately 3-4 cups
2. Place two- three cinnamon sticks in water
3. Boil water with cinnamon sticks, periodically adding cold water as boiling water evaporates. Add cold water 2-3 times so that you recuperate water lost, adding a little more liquid each time.

(Grannie wisdom says: the process of adding cold water also allows the cinnamon tea to become darker red in color and allows more flavor to seep out. Getting more out of your cinnamon sticks.)

After 7 minutes you can start to smell cinnamon in your home. You can keep it boiling for about an hour adding water regularly to have cinnamon scent travel throughout.

AND- You can drink hot cinnamon tea at any point when it’s weaker or wait until you get the darker color and stronger flavor. Add or not sweetener to taste or add to your coffee. Enjoy!
GREEN RECIPES FOR THE HOME

Many store-bought cleaners are loaded with strong artificial fragrances and harsh chemicals like bleach, ammonia and acids. They fill the air you breathe with toxins that can irritate your eyes and lungs.

Some children exposed daily to allergens like dust or harsh chemicals become allergic and may develop chronic conditions like asthma.

Non-toxic cleaners can keep your family healthy and home fresh. By cleaning often with non-toxic cleaners you can reduce your exposure to harsh chemicals, pest allergens, and other pollutants found hidden in dust.

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All purpose cleaner recipe

General Cleaning for countertops and surfaces

**Ingredients:**
- ½ cup white vinegar
- Juice from 1 lemon or 2-3 tablespoons of juice (optional)
- 2 cups water

**Preparation:**
Mix and pour into spray bottle

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Bathtub Tile Cleaner

**Ingredients:**
- 1 cup baking soda
- 1/2 cup kosher salt

**Preparation:**
Combine ingredients. Sprinkle in your tub and use a sponge to scrub clean. Rinse down the drain when you are finished.
# Green Cleaning by Use

*Adapted from CCCEH Green Cleaning Handout*

<table>
<thead>
<tr>
<th>Task</th>
<th>Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>To disinfect a surface</td>
<td><strong>Vinegar spray then hydrogen peroxide spray:</strong></td>
</tr>
<tr>
<td></td>
<td>Wipe surface clean first.</td>
</tr>
<tr>
<td></td>
<td>Spray with vinegar and water solution first. Let sit and wipe clean.</td>
</tr>
<tr>
<td></td>
<td>Follow up with hydrogen peroxide spray. Let sit and wipe clean.</td>
</tr>
<tr>
<td>Remove Stains</td>
<td><strong>Baking soda and water:</strong> Dust surfaces with baking soda, and then scrub with a damp sponge or cloth. For tougher grime, sprinkle on some kosher salt and scrub.</td>
</tr>
<tr>
<td>Clean Dirty Appliances</td>
<td><strong>Baking soda and water:</strong> Make a paste of baking soda and water, place the paste on a dirty appliance and let it sit overnight. The next day, put on gloves and scrub off any leftover grime.</td>
</tr>
<tr>
<td>Oven Cleaner</td>
<td><strong>Dish soap or natural liquid soap, baking soda, vinegar, and water:</strong> Mix ½ cup soap, ¼ cup vinegar, 1 ½ cup baking soda, and a little water to make a paste. Spread the paste all over the oven- you can use a paintbrush to do this. Let it sit 6-8 hours or overnight. Do not turn oven on. After waiting 6-8 hours, use a scrubbing sponge and a bowl full of water to scrub and remove the dried solution. You may need to change the water a few times to remove everything.</td>
</tr>
<tr>
<td>Bathroom</td>
<td></td>
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<tr>
<td>Clean Toilets</td>
<td><strong>Vinegar:</strong> To kill germs, spray with vinegar solution and let sit several minutes.</td>
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<tr>
<td></td>
<td>To break down rings: sprinkle baking soda and add vinegar. Let the solution sit. Then scrub using a toilet brush.</td>
</tr>
<tr>
<td>Mirrors and Windows</td>
<td><strong>Vinegar and Water Spray:</strong> Spray on, then scrub with newspaper, newspaper does not cause streaking.</td>
</tr>
<tr>
<td>To Clean the Bathtub</td>
<td><strong>Grapefruit + Kosher Salt+ Water :</strong></td>
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<tr>
<td></td>
<td>To clean your bathtub: Use half of 1 medium grapefruit and sprinkle with salt. Sprinkle salt over your bathtub. Simply scrub, and when finished, rinse the grapefruit pulp from your shower/bathtub with water.</td>
</tr>
<tr>
<td>Unclog Drains</td>
<td><strong>Baking soda and hot water:</strong> To unclog drains pour ½ cup of baking soda into the drain followed by 2 cups of boiling water.</td>
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<tr>
<td>Clean Hardwood Floors</td>
<td><strong>Vinegar and water:</strong> Add 1/4 cup white vinegar and 30 ounces of warm water (a little less than 4 cups of water) into a spray bottle. Spray on a cotton rag and use the rag + mixture to clean floors.</td>
</tr>
<tr>
<td>To remove carpet/rug stains</td>
<td><strong>Club Soda:</strong> If you spill on a carpet, remove any solids then pour a lot of club soda on the area and blot with a rag. The “fizz” in club soda lifts stains.</td>
</tr>
</tbody>
</table>
| **Homemade Air Fresheners** | **Heat a pot of water on the stove and add herbs/spices/fruit Combinations:**  
  - Apples, cinnamon, cloves,  
  - Lemon, rosemary, and vanilla  
  - Lemon, orange, bay leaf, cinnamon sticks, cloves  
  - Lavender, nutmeg, cloves, cinnamon (cardamom)  
  - Orange, ginger, cinnamon, cloves  
  - Lemon, lime, orange, pineapple juice  
  - Lime and vanilla( extract or bean)  
  Ground coffee has the ability to clear the air in your home, without making the entire place smell like coffee. First, allow the coffee grounds to dry out in order to avoid mold. Then, transfer them to a small bowl and place it in the room of concern. |

**References:**


Apartment Therapy. 25 DIY Green Cleaning Recipes. 2012  
http://www.apartmenttherapy.com/20-diy-green-cleaning-recipes-141129

http://www.womensvoices.org/get-involved/green-cleaning-parties/green-cleaning-recipes/
These recipes have been compiled by the EHJ Advocates, a Youth Advisory Council of the Columbia Center for Children’s Environmental Health (CCCEH).

A special Thank you to 8th grade students with the Leave it Better Foundation for your contributions.

For questions or for more information, please contact us at:

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