

# Spring

## Reduce / Reuse / Recycle Tips

- Purchase non-toxic cleaning products.
- Repair instead of replace.
- Replace disposable good with renewable ones.
- Plant for the planet. Strengthen your garden's resistance to pests by planting resilient plants, by rotating the fruits and vegetables you plant, and by attracting friendly bugs to prey on the pesky ones.
- Walk or bike to work!
- Clean with better, cheaper products:

**1. Arm & Hammer Baking Soda**, introduced in 1846, is a mild abrasive that provides economical and ecological alternatives to many cleaning chores, from removing scuff marks on linoleum floors to rinsing hairspray and shampoo buildup from hair and brushes.

**2. Bon Ami Polishing Cleanser**, sold since 1887, contains no chlorine, phosphates, dyes, or perfumes. Because of its mild abrasive quality, it can be used on porcelain, stainless steel, cookware, glass-top ranges, cultured marble, and fiberglass. It also can be used to clean butcher-block tops, woks, food processors, white shoes, luggage, boats, and swimming pools.

**3. Fels Naptha** is a rugged bar soap invented in 1894. A staple of some laundry rooms, it also can be used to help deter the effects of poison ivy, especially if you wash with it directly after exposure to the weed. Some gardeners use it as an insect repellent, shredding it and sprinkling it around plants.

**4. Dr. Bronner's Pure Castile Soap** is biodegradable and extremely versatile. The label lists 18 uses, from shaving and shampooing to treating athletes food and purifying water. Invented in 1935 by Bronner to kill the odor of diapers, it has been on the market since 1941.

**5. 20 Mule Team Borax**, sold since 1890, is a good disinfectant and mold killer and a very cheap household cleaner. It can be used as a polish for stainless steel, as a toilet bowl cleaner, as a fabric whitener and softener, and as a stain remover for blood, chocolate, and grease. Some people use borax to kill fleas by sprinkling it on their carpet, then vacuuming it up.



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