

Cleaning with Vinegar

Best Tips

Cleaning with vinegar is a great way to avoid exposure to many hazardous commercial household cleaners and it's cheaper, safer and easier on the environment.

The cheaper distilled **white vinegar**, available at your local supermarket, is the best type to use for cleaning. The acetic acid in vinegar is an [effective disinfectant](#), deodorizer, and cleaner which will cut grease and soap scum, dissolve mineral buildup, and inhibit mold and bacteria growth.

For the household, a number of time-honored vinegar cleaning recipes are included some of which require, for best results, the addition of other readily available non-toxic ingredients such as:

Salt - to help dissolve tarnish.

Baking soda - to absorb odors and act as a mild abrasive.

Hydrogen Peroxide - to help disinfect.

Electric Shaver- Cleaning with vinegar

The newer electric shavers are normally cleaned by rinsing the shaving head and hair chamber daily with hot water, once the shaver has been turned off and the power plug removed from the wall socket.

This procedure works well but it does not remove any odor which generally builds up on the shaver over time. To eliminate this odor, simply rinse the shaving head and hair chamber with a dilute vinegar solution before rinsing with water.

A 0.5% vinegar solution works well and it can be prepared by mixing 1 part normal household vinegar with 10 parts tap water.

So, for an odor free shaver, rinsing once or twice a month with this dilute vinegar solution will do the job.



Clothes washing and drying - Cleaning with Vinegar

When cleaning clothes, instead of adding a fabric softener sheet to the dryer, use a vinegar/water liquid fabric softener in the washing machine.

To the liquid fabric softening dispenser in your washing machine, add 1/2 cup (125 ml) of white vinegar and then top up the reservoir with tap water.

Besides saving you money and reducing the amount of chemicals you add to the environment you will reduce the amount of lint that your dryer's lint filter catches, and your towels will be more absorbent because they won't be coated with chemicals from the fabric softening sheet.



You will also be making the drying operation safer since vinegar, unlike fabric softener sheets, will not leave a waxy film on the lint filter which could, over time, restrict airflow from the dryer and cause overheating.

To check out your dryer's filter, remove the accumulated lint as you would normally do after each dryer cycle, and then place a little water on the filter. If the water doesn't go through it easily then it needs to be cleaned with a small brush dipped in vinegar.

Drains – Cleaning with Vinegar

Try this home drain cleaner to clean, deodorize and unclog partially blocked drains in the kitchen or bathroom:

½ cup (125 ml) Baking Soda

½ cup (125 ml) Table Salt

½ cup (125 ml) White Vinegar

Mix the baking soda and salt in a small bowl and pour the powder into the drain.

Next pour in the vinegar. A frothy foam will be produced as the vinegar reacts with the baking soda to give off harmless carbon dioxide gas.

After 2 or 3 hours flush the drain with water.

Kitchen Cutting Boards and Countertops – Cleaning with Vinegar

The best way to sanitize kitchen food preparation surfaces such as countertops and wood cutting boards is to use the following vinegar and hydrogen peroxide germ-killing combo:



- Using a spray bottle, apply undiluted apple cider vinegar or white vinegar to the kitchen surface to be cleaned.
- Then immediately spray the same area with 3 percent hydrogen peroxide (available in all drugstores) from another spray bottle.
- Wipe the area clean or rinse with water.

According to Susan Sumner, a food scientist at Virginia Polytechnic Institute and State University, it does not matter whether you spray the vinegar before or after the hydrogen peroxide, the effect is the same, it kills virtually all Salmonella, Shigella, or E. Coli bacteria on heavily contaminated food preparation surfaces.

She also found that using both sprays was 10 times more effective than using either spray by itself and more effective than chlorine bleach and all other commercially available kitchen cleaners.

The vinegar / hydrogen peroxide sprays also work well to clean meats, fruits and vegetables of disease-causing germs.

Reference:

Science News Online – Food for Thought – 9/28/96

Odor Removal - Cleaning with Vinegar

Besides controlling [body odor](#) (such as underarm or foot odor) and eliminating pet odor (including [skunk odor](#)), cleaning with vinegar can

also get rid of odors found in many households resulting from cooking or other everyday chores.

Vinegar works by killing the bacteria that cause odors and by neutralizing many of the basic volatile compounds that are responsible for harsh or unpleasant smells.

Try out some of these examples and see for yourself how efficient and inexpensive cleaning with vinegar can be:

- Onion or fish odor can be removed from your hands by wiping them with vinegar.
- Cabbage odor can be reduced when cooking by adding a tablespoon of ACV to the cooking water.
- To eliminate cooking odors in the kitchen, add 1 tablespoon of vinegar to 1 cup of water & boil this solution.
- To freshen up garbage disposal units, run a tray of vinegar ice cubes through it once a week.
- To remove the odor of smoke, paint, vomit, etc, place a bowl of vinegar in the room.
- Vinegar can be used to freshen up and remove all types of odors (including smoke odor) found in older cars. Add about an inch of vinegar to a plastic container and place it in the car overnight with all windows closed. Remove the vinegar before operating the car to avoid spilling and repeat the procedure for about one week for best results.

<http://www.apple-cider-vinegar-benefits.com/cleaning-with-vinegar.html>

SHOWER HEADS

Use vinegar to clean out deposits accumulated in shower heads. Bring vinegar to a boil. Pour slowly through shower head, or soak head in solution for 20 min.

Vinegar: (Almost) the Only Cleaner You'll Ever Need

Cleaning with vinegar is powerful, natural--and cheap!

by [Noël-Marie Taylor](#)

Most cleaning products fall into one of two categories: toxic or expensive. While both types will clean almost anything (or at least, anything within their limited range of capabilities), there's a third option. It's inexpensive and not at all poisonous to humans. It's multi-purpose as well--one container will take care of laundry, kitchen cleaning, even bugs and weeds. This "miracle cleaner" is vinegar.

Vinegar is a weak form of acetic acid that forms through the fermentation of sugars or starches. It is completely edible, and cannot harm your stomach. And luckily for us, many things can be cleaned using it.

The uses of vinegar are nearly endless. In addition to cleaning, it is an excellent item for cooking and for home science experiments (remember the vinegar-and-baking soda volcanoes from grade school?). The health benefits are many as well.

In this article, we are focusing on the uses of vinegar as a cleaner. For information on some of its other uses, see the links at the end of the article. Note: plain white vinegar is the best for the following uses; cider and other vinegars may have unwanted side effects. Vinegar is used in 100% concentration unless otherwise specified.

Your Vinegar Spray Bottles

In addition to your regular bottle of vinegar, a really useful item is a spray bottle. Ideally, you want two--one with pure vinegar, the other with a half vinegar, half water combination. Having vinegar in a dispenser of this type makes its use much simpler in many cases.

All Around the House

1. To remove stickers that have been used to "decorate" furniture and other surfaces, moisten with vinegar. Let sit for at least ten minutes, then remove.
2. For persistent room odors, place a bowl of vinegar in the room overnight.
3. For spills on carpet, use a sponge or cloth to soak up as much liquid as possible. Then spray with a mixture of half vinegar, half water. Let stand for about two minutes, then blot with towel or sponge. Repeat as needed.
4. For more persistent stains, use a mixture of 1 teaspoon vinegar, 1 teaspoon liquid dish soap, and 1 cup warm water. Proceed as suggested above. When finished cleaning, dry using a hairdryer set on low.
5. To clean windows, spray with half vinegar, half water. Wipe clean with either newspapers or cloth.

6. To clean silver, pewter, copper, or brass, dissolve 1 teaspoon salt in one cup vinegar. Add flour to create a paste (1/4 cup or more). Apply the paste to the metal item, and let stand for at least fifteen minutes. Rinse with warm water and polish with a soft cloth.
7. No-wax floors can be cleaned with a solution of 1 cup vinegar per gallon of water for a shinier surface.
8. To clean wood paneling, use a mixture of 1/2 cup olive oil, 1/2 cup vinegar, and 2 cups warm water. Apply to paneling with a soft cloth. Dry with a clean cloth.

In the Bathroom

9. To remove corrosion or chemical build-up from showerheads, soak in vinegar overnight.
10. Remove stains from the toilet bowl by spraying with vinegar and spraying.
11. To remove soap build-up from faucets, clean with a mixture of 1 part salt to four parts vinegar.
12. Spray shower walls and shower curtain with vinegar to help prevent mildew.

In the Kitchen

13. To keep ants away, spray vinegar along doorways, windowsills, countertops - anywhere that ants are likely to appear. If you find an ant trail (path that ants use repeatedly), clean it with vinegar.
14. To remove odors from the sink or garbage disposal, pour in a cup or more vinegar. Do not rinse out again for at least an hour.
15. For a clogged drain, first pour in 1/2 cup baking soda. Then add an equal amount of vinegar. When the mixture finishes bubbling, rinse with warm water. (Note: some garbage disposals do not react well to this cleaning method; check with the manufacturer first.)
16. Wipe your hands with vinegar after chopping. It will remove strong scents like onion and garlic, as well as stains from fruit juices.
17. To clean wooden cutting boards, wipe with vinegar.
18. Remove strong odors. Rinse jars with a half and half mixture of vinegar and water to remove garlic or other strong odors. Boil water with several spoons of vinegar to remove the smell of burnt food from your kitchen.
19. Vinegar is an excellent cleaner for all kitchen surfaces - counters, refrigerators, stovetops.
20. To clean your microwave oven, put a microwave-safe bowl of 1/2 cup vinegar and 1 cup water in the oven, and cook long enough to boil. In addition to removing any lingering odors, this will loosen any baked-on food from the microwave's walls.
21. To remove coffee or tea stains from china, clean with a mixture of vinegar and salt.

In the Laundry



22. To keep colors from running in the wash, soak in vinegar before washing.
23. To decrease lint on clothing, add 1/2 cup vinegar to the rinse cycle.
24. Many persistent stains can be removed with vinegar: coffee, chocolate, ketchup, jam, cola, wine. Gently rub stain with vinegar, then wash.
25. To make your "brights brighter", add 1/2 cup vinegar to the rinse cycle.
26. For fresher cloth diapers, add one cup distilled vinegar to the rinse cycle. This will break down uric acid and remove both lingering stains and scents.
27. To remove scorch marks from an iron, rub with a mixture of vinegar and salt.
28. To remove soap residue from the washing machine, run an empty (no laundry) cycle with one cup vinegar added.
29. To remove the smell of smoke from clothing, add a cup of vinegar to a tub of hot water. Let clothing hang in the same room for several hours.

Pet Care

30. To keep cats off windowsills or other surfaces, spray with vinegar. This will also keep them from scratching upholstery (spray an unnoticeable area of the fabric first to make sure the vinegar doesn't cause a stain).
31. To keep dogs from scratching their ears, clean with a soft cloth dipped in diluted vinegar.
32. If your dog should have a run-in with a skunk, vinegar will take care of the smell better than even tomato juice. Using vinegar diluted 50% with water, rub the dog's fur. Rinse with warm water. Repeat as needed.

<http://www.thenewhomemaker.com/vinegar>