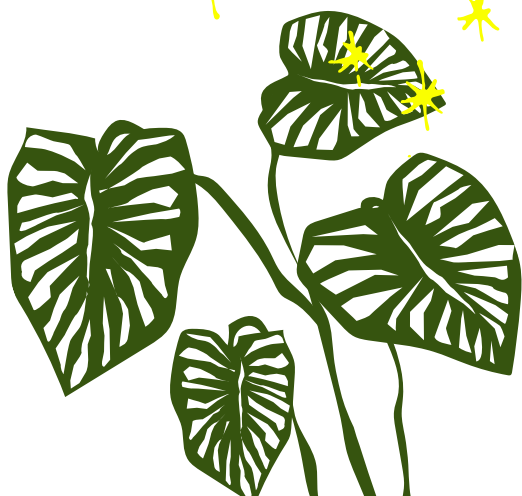


# NATURAL CLEANING DIY



With Love,  
The Sunny Jar Team



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This guide includes recipes for:

The many uses of vinegar

All-Purpose Citrus Spray

Bicarbonate of soda the wonder salt

Bicarb shaker

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# THE MANY USES OF VINEGAR AND CITRIC ACID



Citric Acid is a natural acid, found in citrus fruits and used in many food products and vinegar is a multi purpose acidic solution derived from fruits. Both work as inexpensive, non-toxic cleaners that can replace many chemical-laden products in your home. Their acidity means they are natural disinfectant and work to kill bacteria, mold and mildew. It also dissolves grease and grime, as well as remove limescale.

They are natural substances that dissolve in water and easily biodegrade in the environment, so leaves no significant negative effects.

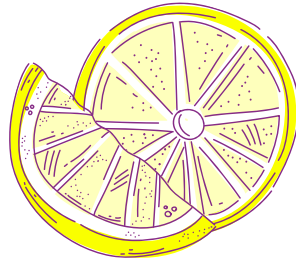
*\*As they are weak acid, it is not recommended to use to clean natural surfaces, such as granite or marble, as it will dull the natural rock. If unsure, please test a small part of your surface to check.*

Use to make our all-purpose spray (recipe below). Great to clean household appliances, mirrors, toilets, kitchen and bathroom surfaces. Can also be used as a general cleaner for windows, mirrors, copper, tiles, silverware, and baby toys

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- Use to **remove limescale** around taps and sinks, spray with your all purpose spray, let sit for a few minutes and wipe clean. If you can remove your shower head, soak it in the solution to remove the limescale deposits and get your shower functioning great again.
- **Descale your kettle:** Add a tablespoon of citric acid or a 1/2 cup of vinegar to an empty kettle and fill up to a quarter full. Boil the kettle and swish the water around. Allow to soak for a few hours and rinse thoroughly. If limescale deposits still remain, repeat.
- Add a tablespoon of citric acid or 1/2 cup vinegar to your fabric softener drawer, **instead of fabric softener**, to help soften clothes.
- Combine citric acid and bicarb to help **remove mould**. Sprinkle bicarb onto the affected area and then spray with your all-purpose spray. It should fizz up. Wipe clean after fizzing has stopped.
- **Unclogging and deodorizing the drains** and sinks (in combination with bicarb). Pour a tablespoon or 2 down the drain. Add a tablespoon of bicarb and about a cup of hot water from the kettle. Leave for a few hours or overnight, for best results.
- Use the vinegar spray as a powerful **Weed killer**, keep away from other plants and pets. Keep an eye on it for a week and reapply if necessary.

# ALL PURPOSE CITRUS SPRAY



## Ingredients:

- 250ml of white vinegar
- 1 cup of water
- [optional] lemon peel or other citrus peels

## Directions:

Fill your spray bottle half way with white vinegar and then fill it up with water. Shake well before each use.

## TRY A LEMON INFUSED SPRAY, FOR A FRESH SCENT

Collect your lemon and citrus peels in a large jar and add the white vinegar. Secure the lid and leave for a week (it's worth it, we promise). Strain the lemons and transfer the liquid into a spray bottle and add the water. Shake well before each use.



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# TOILET BOMBS



## Ingredients

### Make approx. 12 bombs

- 12 Tbsp. Bicarbonate of Soda (160g)
- 4 Tbsp. Citric Acid (55g)
- 2 drops of water
- 2 drops of Essential Oil (optional)
- Ice tray

## Directions:

In a bowl combine the bicarbonate and the citric acid using a spoon avoiding contact with your skin. Add 2 drops of water and essential oils (you can use tea tree, eucalyptus, peppermint or lemon.)

Mix well.

Place the mix in an ice tray, pressing down with a tea spoon. Let set overnight. Remove from the tray and store in a air tight jar away from humidity.

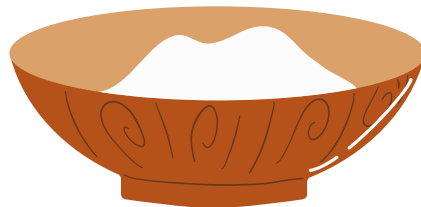
## Tips:

For sparkling clean toilets drop 1 bomb in the toilet bowl, clean with the toilet brush and leave to work for as long as possible before flushing. Use the vinegar spray for cleaning the outside of the toilets bowl and the seat area.

# BICARBONATE OF SODA THE WONDER SALT

*Bicarbonate of soda is a natural substance that can be used for a multitude of household uses! A form of salt, it eliminates odours rather than just covering them up. Bicarbonate of soda causes dirt and grease to dissolve in water and also works as a gentle abrasive. It also absorbs moisture.*

*Together with citric acid, it creates a powerful cleaner. As bicarbonate is an alkaline substance, the two react when mixed with water, forming fizz and bubbles. This reaction can help maximise the cleaning strength of the two and help lift more dirt.*



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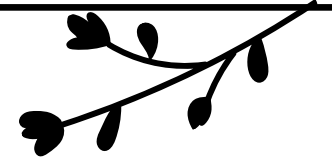
- **Carpet and upholstery cleaner:** Sprinkle bicarb on dirty or smelly textiles. Leave overnight and vacuum or brush off the next day, for fresh carpets and sofas. It also absorbs damp, so if you spill something on your rug, use a damp cloth to wipe the spill away, and then sprinkle bicarb over.
- **Air freshener and dehumidifier-** use an open container in fridge and pantry and change when it looks damp or clumps up.
- Freshen smelly shoes- pop a couple of tablespoons in each shoe and leave overnight
- **Clean bath and sinks** by making a scrubbing paste. Sprinkle bicarb around the sink and create a paste by using a damp cloth. For big cleaning jobs, combine with citric acid, by using your all purpose spray to spray over the sprinkled bicarb. .
- **Oven and hob cleaner-** make a paste with a little water. Spread around the oven or hob and leave for a few hours. Wipe clean with a damp cloth
- **Laundry booster-** add a 1/4 cup to your normal laundry detergent
- Use as a **gentle scourer** for pots and pans-soak pans in bicarb and water overnight and wash the next day.

## ABOUT US

Sunny Jar Eco Hub is a social enterprise on a mission to make sustainable and eco-friendly living easy and accessible for all. Based in London, our workshops and DIY kits focus on craft, upcycling and wellbeing. Collaborating with organisations, businesses, schools and communities, we aim to spark conversations about greener, low waste living and inspire people to take action.

As a community interest company, we are committed to supporting the people and places in our local area. All profits are reinvested in our community. Through our partnerships with local groups and organisations, we explore the needs and ideas of local residents and work together to create solutions. Alongside our free community events, we run projects such as the Roman Road Borrow-a-Bag scheme and the upcoming Plastic Free Poplar.

Our brand Sunny Jar embodies our values. 'Sunny' represents our hope and optimism for a greener future. 'Jar' depicts our motto of reduce and reuse.



**Please consider the environment  
when printing this booklet.**

**Rethink, reduce, reuse together**



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