



S.A.'s Leading Manufacturer of Sugar-free Confectionery

Some great ideas on how to use Bicarbonate of Soda

Bicarbonate of Soda - also known as Baking Soda or Sodium Bicarbonate - is a naturally occurring substance that is present in all living things--it helps living things maintain the pH balance necessary for life.

Here are some ideas on how you can use it...

Cleaning

Baking Soda acts a cleaning agent because it is a mild alkali and can cause dirt and grease to dissolve easily in water for effective removal. When it is not fully dissolved, like when it is sprinkled on a damp sponge, Baking Soda is mildly abrasive and can lift dirt for easy removal as a gentle scouring powder. Since it's gentle, Baking Soda is safe and effective as a cleaner for glass, chrome, steel, enamel, and plastic. Because Baking Soda is a pure, natural product that is also a food, it is non-toxic, unlike many other household cleaners. It is safe to use around children and pets and is ideal for cleaning food preparation surfaces. In your home use Baking Soda to clean sinks, tubs, tile, microwaves, plastic containers, even teeth without scratching. Industrially, Baking Soda is used to clean large machinery and commercial kitchen equipment.

Deodorising

Baking Soda's deodorisation power is a result of its ability to neutralize odours, rather than just covering up odours with perfumes. Most unpleasant odours come from either strong acids (like sour milk) or strong bases (spoiled fish). Baking Soda deodorizes by bringing both acidic and basic odour molecules into a neutral, more odour-free state. Use Baking Soda as a personal deodorant for underarms and feet, and as a household deodorant on carpets, upholstery and in the fridge and freezer. Baking Soda can also deodorise when it's dissolved in water. So, you can use Baking Soda as a mouthwash to neutralize garlic breath, as a nappy soak to neutralize that 'ammonia' smell (basic) and to deodorise plastic food containers that have absorbed that pickle or sauerkraut smell (acidic).

Baking

The most universal use of Baking Soda is for baking in which Baking Soda is used to promote leavening. Leavening increases the surface area of dough or batter by causing it to rise and become light and porous. The most common leavening agent is carbon dioxide, a gas that is produced by a chemical reaction with the use of Baking Soda, baking powder or yeast in a recipe. Baking Soda yields the carbon dioxide for leavening when it's heated. When used as a leavening agent, Baking Soda also reacts with acidic ingredients to render a neutral, tasteless residue. Common examples of these acidic ingredients include sour milk, buttermilk, molasses, cream of tartar, lemon juice and the acidic substances in baking powder.

Kitchen

Cleaning Coffee and Tea Pots: Remove those coffee and tea stains and eliminate bitter off-tastes by washing coffee maker parts, and coffee and tea pots in a solution of 1/4 cup Baking Soda in 1 Litre of warm water. For stubborn stains, try soaking overnight in the Baking Soda solution and detergent. You can even remove the unsightly stains from your favourite cups and mugs, by sprinkling Baking Soda on a sponge and scrubbing the stains away!

Deodorising Cutting Boards: Your cutting board smells like the garlic you chopped up yesterday? Use Baking Soda to clean and deodorise your cutting boards because it is a food safe cleaner! Sprinkle Baking Soda on a damp sponge, scrub, and rinse clean! Now you are all set to chop those onions!

Deodorising Dishwashers: Not ready to run the dishwasher, but cannot stand the smell of the tuna you had for lunch? Sprinkle a handful of Baking Soda on the dishes or in the bottom of the dishwasher to absorb these odours, so you can wait until the washer is full! The Baking Soda will do double-duty: Deodorising before you run the dishwasher and then cleaning in the first wash cycle.

Sweeten Drains: To deodorise your drains and disposal, pour Baking Soda down the drain while running warm tap water. The Baking Soda will neutralize both acid and basic odours for a fresh drain. When you are replacing a box from the Fridge or Freezer, pour the contents of the old box down the drain to get extra mileage from the Baking Soda.

Extinguishing Fires: Always keep Baking Soda on hand in the kitchen for an unexpected grease or electrical fire. Keep it away from the stove so you can reach it in case of a stovetop fire. Throw Baking Soda at the base of the flames as an initial step in controlling small kitchen or electrical fires. Call the Fire Department. To avoid re-ignition, do not attempt to move the item until thoroughly cooled. To be sure, let the Fire Department handle this. (Do not use Baking Soda in deep fat fryers, as it may splatter.)

Deodorising Fridges and Freezers: Be sure to keep your both your Fridge and Freezer smelling fresh even with the fish and onions inside.

Fruit and Vegetable Scrub: Baking Soda is the food safe way to clean dirt and residue off fresh fruit and vegetables. Just sprinkle on a damp sponge and scrub. Then rinse. Bon Appetite!

Deodorise Dustbins: Keep those garbage smells to a minimum by sprinkling Baking Soda in the dustbin between layers of garbage as they accumulate. Periodically wash out and deodorise rubbish bins with a solution of 1 cup of Baking Soda per 3 Litres of water.

Food Safe/Surface Safe Cleaning: Baking Soda is the ideal all-purpose cleaner for the kitchen. Who wants to use harsh chemicals on your counters, sinks, dish strainers, when you will be making dinner on those same surfaces?! Just sprinkle Baking Soda on a damp sponge or cloth and wipe clean, rinse thoroughly, then dry. Try it on counters, sinks, cutting boards, microwaves, plastic containers, back splashes, oven tops, range hoods and more! Your kitchen will be fresh and clean.

Microwave Cleaning: Use Baking Soda to clean and deodorise your microwave, without scratching. Use a solution of 4 tablespoons of Baking Soda to 1 Litre of water. Wipe down microwave and rinse with clear water. For cooked-on foods sprinkle Baking Soda directly on a damp sponge, scrub food stains and rinse. Try this on your fridge, freezer, and other appliances, too. Not only does it clean, but it also deodorises!

Deodorising Plastic Containers: Keep your plastic food storage containers and thermos smelling fresh. Wash them with Baking Soda sprinkled on a damp sponge. For lingering odours, just soak items in a solution of 4 tablespoons Baking Soda solution in 1 Litre warm water. You will never know what was stored in them before!

Polish Silver Flatware: Baking Soda can shine all your silver in no time at all! Use a Baking Soda paste made with 3 parts Baking Soda to 1 part water. Rub onto the silver with a clean cloth or sponge. Rinse thoroughly and dry for shining sterling and silver-plate serving pieces!

Cleaning Pots & Pans: No more heavy scrubbing pots and pans! Baking Soda penetrates and helps lift off baked-on, dried-on foods. Shake on a generous amount of baking soda, add hot water, and dish detergent, let sit for 15 minutes and wash as usual.

Deodorising Recyclables: Keep those recyclables smelling fresh until collection day. Sprinkle Baking Soda on top as you add to the container. Also, clean your recyclable container periodically by sprinkling Baking Soda on a damp sponge. Rinse and wipe clean. You can also wash the container with a solution of 1 cup of Baking Soda per 3 Litres of water.

Removing Scuff Marks: Get rid of those scuff marks on your no-wax floor. Just sprinkle Baking Soda on a damp sponge, rub clean and rinse. Baking Soda will remove the scuff mark but will not scratch your floor!

Freshen Sponges: Soak stale-smelling sponges in a strong Baking Soda solution to keep them fresh.

Handwashing Dishes: Boost the performance of your hand dishwashing liquid detergent. Add 2 heaped tablespoons of Baking Soda to the dish water to help cut grease and food on dishes, pots, and pans. For cooked-on foods, let them soak in the Baking Soda/detergent water first, then use dry Baking Soda on a damp sponge or cloth as a scratch less scouring powder!

Baking Soda helps fight minor kitchen fires: Did you know that Baking Soda can help in the initial handling of minor grease or electrical kitchen fires? That's because when Baking Soda is heated, it gives off carbon dioxide, which helps to smother the flames of grease and electrical fires.

For small cooking fires (frying pans, broilers, ovens, grills), turn off the gas or electricity if you can safely do so. Stand back and throw handfuls of Baking Soda at the base of the flame to help put the fire out--and call the Fire Department just to be safe!

For small electrical fires (small appliances, heaters, outlets), unplug appliances if you can safely do so. Stand back and toss handfuls of Baking Soda at the base of the flames to help put the fire out -- and call the Fire Department to be sure the fire's out!

Medicine Cabinet

Relief for Acid Indigestion: Baking Soda is safe and effective as an antacid to alleviate heartburn, sour stomach and/or acid indigestion, when used as directed. Refer to the Baking Soda package for instructions.

Refreshing Bath Additive: Just add 1/2 cup of Baking Soda to your bathtub of water to make your bath even fresher. Relax while the Baking Soda neutralizes acids on the skin and washes away oil and perspiration. It also makes your skin feel silky smooth.

Cleaning Brushes and Combs: Clean natural oil build-up and hair product residue from combs and brushes by soaking them in a solution of 1 teaspoon of Baking Soda in a small basin of warm water. Rinse and allow to dry.

Denture/Oral Appliance Soak: Dentures and other oral appliances, like retainers and mouthpieces may be soaked in a Baking Soda solution made of 2 teaspoons Baking Soda dissolved in a small bowl of warm water. The Baking Soda loosens food particles and neutralizes odours so that dentures or retainers taste fresh! You can also brush dentures and appliances clean with Baking Soda.

Facial Scrub: Try Baking Soda as an invigorating, yet gentle, facial scrub. Apply a paste of 3 parts Baking Soda to 1 part water in a gentle circular motion after washing face with soap and water. Rinse clean for a fresh-scrubbed face!

Soothing Foot Soak: Soak your tired feet in a solution of 3 tablespoons of Baking Soda in a basin of warm water. Your feet will smell fresher and be refreshed too!

Hair Care: For squeaky clean hair, use a teaspoon of Baking Soda mixed in your palm with your favourite shampoo. Shampoo as usual and rinse thoroughly. The Baking Soda helps remove the build-up from conditioners, mousses, and sprays to give you naturally clean hair.

Hand Cleanser: Scour away ground-in dirt and neutralize odours on hands using a paste of 3 parts Baking Soda to 1 part water, or 3 parts Baking Soda to 1 part liquid hand soap. Scrub and rinse clean.

Insect Bite Care: Relieve the itching and pain of an insect bite with a Baking Soda paste. After you have removed the stinger, make a Baking Soda paste by combining 3 parts Baking Soda to 1 part water. Apply it to the affected area and let it dry. Wash it off and repeat if needed.

Refreshing Mouthwash: One teaspoon of Baking Soda in half a glass of water is the recipe for a fresh mouth and fresh breath. Swish the solution through your teeth and rinse. The Baking Soda neutralizes the odours on contact, without leaving a tell-tale cover-up scent! Good-bye morning breath (or garlic breath or onion breath or...you get the idea!)

Soothing Irritated Skin: Baking Soda can soothe the sting of sunburn, windburn, and other minor burns. Just saturate a washcloth in a Baking Soda solution (4 tablespoons in 1 Litre of water) and apply to the affected area. Or make a Baking Soda paste with 3 parts Baking Soda and 1 part water and apply to the area.

Toothpaste: Dip a damp toothbrush in some Baking Soda sprinkled into your palm. Brush as usual and rinse.

Freshen Laundry Hampers: Sprinkle Baking Soda liberally over dirty clothes in the hamper to keep the hamper fresh until you are ready to wash. And when you wash, add 1/2 cup Baking Soda with your detergent to freshen your laundry and help liquid detergents work harder!

Shower Curtains: Clean and deodorise your shower curtain by sprinkling Baking Soda directly on a damp sponge or brush. Scrub the shower curtain and rinse clean. Hang it up to dry.

Surface-Safe Cleaning: For safe, effective cleaning of tubs, tile and sinks-even shiny fiberglass and glossy tiles-try sprinkling Baking Soda lightly on a damp sponge. Scrub sink, tub, and tile as usual. Rinse thoroughly and wipe dry. A sparkling bath and no harsh chemicals around your family or on your hands!

Living Room

Freshen and Deodorise Carpets: Sprinkle Baking Soda on carpets and rugs to eliminate the day-to-day odours that settle in carpets. Wait 15 minutes, or longer for tough odours, and vacuum up.

Freshen and Deodorise Upholstery: Sprinkle Baking Soda on upholstery to eliminate the day-to-day odours that settle in them. Wait 15 minutes, or longer for tough odours, and vacuum up.

Deodorise Pet Bedding: Eliminate odours from pet bedding by sprinkling liberally with Baking Soda, wait 15 minutes (or longer for stronger odours), then vacuum up. Baking Soda is non-toxic and safe to use around your pets!

Freshen Ashtrays: Got a smoker in the family? Place 1/2 inch of Baking Soda in the bottom of the ashtray to eliminate stale tobacco odours. Replace the Baking Soda when you empty the ashtray.

Laundry Room

Chlorine Bleach Booster: Use Baking Soda to help your liquid chlorine bleach work harder. Add 1/2 cup of Baking Soda (1/4 cup for front-loading machines) with your usual amount of liquid bleach. Your whites will be whiter, and your clothes will be cleaner and fresher.

Liquid Laundry Detergent Booster: Baking Soda helps your liquid laundry detergent work harder for you, because it helps maintain the optimal pH balance necessary for detergents to work well. Add 1/2 cup of Baking Soda to your wash with the usual amount of liquid detergent.

Cat Litter Deodoriser: Use Baking Soda to freshen your cats litter box. Sprinkle on the bottom of the pan, then fill as usual with litter. To freshen in between changes, sprinkle Baking Soda on top of the litter, after cleaning.

Camping

Camping Necessity: Baking Soda, the best friend for a camper! Take it along for its versatility--just what you need when space is at a premium. It is a dish washer, pot scrubber, hand cleanser, deodorant, toothpaste, fire extinguisher, first aid treatment for insect bites, sun burn and poison ivy, and even more.

Cleaning Grills: To clean up your grill for your next barbecue, try sprinkling dry baking soda on a damp brush. Scrub and rinse clean. The Baking Soda works well for the light duty clean-up associated with exterior surfaces, such as knobs and trays, and it will not scratch shiny surfaces.

Cleaning Lawn Furniture: Use a Baking Soda solution of 1/4 cup Baking Soda in 1 Litre of warm water to clean and deodorise patio and pool furniture. Simply wipe with the Baking Soda solution and rinse clean. For tougher stains, sprinkle Baking Soda directly on a damp sponge, scrub, and rinse.

Garage

Cleaning Batteries: Baking Soda can be used to neutralize battery acid corrosion on cars, mowers, etc., because it is a mild alkali. Be sure to disconnect the battery terminals before cleaning. Make a paste of 3 parts Baking Soda to 1 part water, apply with a damp cloth to scrub corrosion from the battery terminal. After cleaning and re-connecting the terminals, wipe them with petroleum jelly to prevent future corrosion. Please be careful when working around a battery--they contain a strong acid.

Cleaning Cars: Use Baking Soda to safely clean your car lights, chrome, windows, tires and vinyl seats and floor mats. Use a Baking Soda solution of 1/4 cup Baking Soda in 1 Litre of warm water. Apply with a sponge or soft cloth to remove road grime, tree sap, bugs, and tar. For stubborn stains use Baking Soda sprinkled on a damp sponge. Rinse and dry with a soft towel. You will get a clean car, with a scratch less non-toxic cleanser.

Deodorising Cars: Why does your car still smell after you left the windows down all day? Because the odours have settled into the upholstery and carpet, so each time you step in and sit down, they are released into the air all over again. Eliminate these odours by sprinkling Baking Soda directly on fabric car seats and carpets. Wait 15 minutes (or longer for strong odours) and vacuum up the odours with the Baking Soda.

Remove Oil and Grease Stains: Use Baking Soda to clean up light-duty oil and grease spills on your garage floor or in your driveway. Sprinkle Baking Soda on the spot and scrub with a wet brush. For heavy duty or stubborn stains, try using Super Washing Soda in the same fashion.