



Woman`s Day Monday 13/04/2020

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LEMONS

Give your garbage disposal a scent refresh – cut a lemon into quarters, turn on the hot water and run the disposal, dropping in lemon pieces one by one. As they break apart, the lemons will clean and deodorise.

PANTRY STAPLES A ECO-FRIENDLY CLEANING

You don't need harsh chemicals to clean your kitchen. There are all-natural solutions (some probably sitting in your pantry right now!) that can effectively tackle most clean-ups. You can replace bottles of expensive sprays and detergents with household ingredients you use every day.



COCONUT OIL

There are plenty of health benefits from eating coconut oil, but it's also useful around the house. Use it to condition wooden items, such as cutting boards and chopping blocks.



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AS FRIENDLY CLEANERS

Week 1
HOME
HACKS
SPECIAL

READY MADE

If you don't want to play amateur scientist and mix your own all-natural cleaning solutions, Australian firm Koala Eco (koala.eco) has sprays, and washes which are 100% plant-derived and biodegradable.



BAKING SODA

Baking soda makes a great deodoriser. Sprinkle some in the bottom of your bin before you put the bag in, and leave an open container in your fridge. In both cases, it will absorb odours.



OLIVE OIL

Olive oil is great for buffing stainless steel and brass surfaces. Pour a little on a soft cloth and rub it into pots, pans, appliances or countertops.