



What is green cleaning?

Green cleaning is defined as a cleaning program designed with the health of building occupants, caretaking staff, and the environment as a primary concern when selecting cleaning products, and determining cleaning procedures.

A Green Cleaning Program is designed around products, equipment, and procedures that are chosen with the specific intent of minimizing toxicity in the environment, and minimizing the consumption of natural resources, ultimately leaving the smallest ecological footprint possible during the cleaning process.

Why embark on a green cleaning program?

It has been found that some widely used cleaning products have serious adverse effects on the health of building occupants and caretaking staff. Health problems caused by exposure to hazardous cleaning products can range from eye and skin irritation to coughing, chest pain, vomiting, cramps, and diarrhea. 11.6% of work-related asthma comes from cleaning products.

How to determine if a product is green

To determine if a product is truly green or not, look for a third party seal of approval from Environment Canada such as the Environmental Choice Eco-logo label:



- Choose automatic dishwasher detergents that don't contain phosphates. Phosphates allow algae to grow at a faster than normal growth rate in fresh water resulting in several environmental problems.
- Stop using commercial oven cleaners. Oven cleaners contain toxic chemical blends that are skin irritants, carcinogens and asthma inducers.
- Avoid using commercial drain cleaners as they contain some of the most dangerous cocktail of chemicals that can cause permanent damage to skin and eyes.
- Make your own natural products for house cleaning by using ingredients such as baking soda, white vinegar, castille soap, tea tree oil, and lemon juice.

live well, age well, be well