



Your Partner for a Healthy Community

Environmental Health Division

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Tips for Cleaning with White Distilled Vinegar

White distilled vinegar is an effective and inexpensive household cleanser that has been successfully used for generations. Vinegar is effective for killing most mold, bacteria, and germs, due to its level of acidity. Cleaning with white distilled vinegar is a smart way to avoid using harsh chemicals. You'll also be glad to know that it is environmentally friendly! Here are some suggestions for using vinegar:

- Clean and deodorize a drain by pouring in 1 cup baking soda, then one cup hot white distilled vinegar. Let this sit for five minutes, then run hot water down the drain.
- Make your own scouring cleanser by combining ¼ cup baking soda with 1 teaspoon liquid detergent. Add just enough white distilled vinegar to give it a thick but creamy texture.
- Clean counter tops with a cloth soaked in undiluted white vinegar.
- Clean the shelves and walls of a refrigerator with a half and half solution of water and white distilled vinegar.
- Remove the grime on top of the refrigerator with a paper towel or cloth and full-strength white distilled vinegar.
- To clean a grease splattered oven door, saturate it with full-strength white distilled vinegar. Keep the door open for 10-15 minutes before wiping with a sponge.
- Clean your mini blinds using a pair of white cotton gloves. Dip gloved fingers into a solution of equal parts vinegar and warm water, run your fingers across each side.
- Discourage ants by spraying undiluted white vinegar outside doorways and windowsills, around appliances and wherever you find the ants coming inside.
- Clean grout by applying full strength vinegar to the grout and letting it sit for a few minutes then scrubbing it with an old toothbrush.
- Kill germs all around the bathroom with a spray of full-strength white vinegar, then wipe clean with a clean cloth.
- To make cleaning the grill easier, spray a solution of half water and half vinegar on the cooking surface.
- To clean floors, mix a solution of 3 drops dishwashing liquid to 1/3 part vinegar, 1/3 cup rubbing alcohol, and 1/3 part water. Spray sparingly and mop.
- Take care of mildew and stale odors by wiping down walls with white vinegar on a cloth or damp sponge.
- Loosen soap scum on shower doors and walls by spraying them with vinegar. Let dry, then re-spray to dampen. Wipe clean.
- Shower curtains or liners can become dulled by soap film or plagued with mildew. Keep vinegar in a spray bottle near the shower, and squirt the shower curtains once or twice a week. No need to rinse.

For More Information Visit: <http://www.vinegartips.com/scripts/pageViewSec.asp?id=7>