



## LESSON ONE

# Ingredients & Supplies

# Ingredients & Supplies List

You'll save quite a bit with DIY cleaning supplies, but there is an initial cost to get started. I've broken the list into 5 categories to help you prioritize more easily.

## 1. The Essentials

These are your cleaning besties! If you're going to buy anything, make it these. And I'd recommend getting them in bulk sizes because you'll use them A LOT.



- **Baking soda:** Bulk size is [\\$25.99 on Amazon](#).
- **Distilled white vinegar:** Buy at the supermarket or it's [\\$5.49 on Amazon](#).
- **Liquid Castile Soap\*\*:** Hard to find at the supermarket. The bulk size is [\\$49.95 on Amazon](#).

\*\* Harvesting of palm oil often leads to the devastation of rainforests and slaughtering of the orangutan who live there. Please aim for a Castile soap that is free from palm oil or uses palm oil that's been ethically harvested.

## 2. Good-to-Have

These are good to have, but not everyone will want or need them. **If your home is full of wood**, you may want the olive oil. Or **if you constantly battle mold**, you may want a larger bottle of hydrogen peroxide (easy to find on Amazon).



- **Hydrogen peroxide:** Buy this natural mold killer at the supermarket or drugstore. Or this spray bottle is [\\$5.98 on Amazon](#).
- **Corn starch:** Makes glass cleaner streak-free. Buy at the supermarket or (if you'll also use it for organic baking) this one is [\\$10 on Amazon](#).
- **Olive oil:** Buy this natural wood conditioner for less at the supermarket. Or this 50-ounce (1.5 quart) bottle is [\\$16.87 on Amazon](#).
- **Witch hazel:** Used with essential oils to make deodorizing sprays. Buy for less at the supermarket or drugstore. This one is [\\$11.95 on Amazon](#).

### 3. Laundry

You'll love washing your laundry with soapnuts and softening with wool dryer balls... but we'll also do both using the 'essentials' (above). So if you're on a tight budget you might hold off on these for now.



- **Soapnuts:** Replaces several bottles of laundry detergent. This one is [\\$16.95 on Amazon](#).
- **Wool dryer balls:** Replaces roughly 2,000 dryer sheets. This 6pk is [\\$23.95 on Amazon](#).
- **Oxygen bleach:** Buy at the supermarket or this 2-pack is [\\$16.91 on Amazon](#).

### 4. Cleaning Supplies

You probably have at least some of these already, so you may not need to buy anything other than the spray bottles.



- **Spray bottles:** Find plastic bottles\*\* at the dollar store. Or this 8-pack of glass comes in 4 sizes for [\\$18.99 on Amazon](#).
- **Glass jars:** Empty tomato sauce or olive jars are great for this purpose. This 6-pack of mason jars is [\\$16.99 on Amazon](#).
- **Funnels:** Go funnel-free, if you don't mind a small mess – just pour your ingredients over the sink. Or these are [\\$8.99 on Amazon](#).
- **Cleaning rags:** Cut up an old towel or some old t-shirts. Or these are [\\$19.95 on Amazon](#).
- **Scrub pads:** Use whatever you've already got at home. Or these are [\\$6.87 on Amazon](#).
- **Bucket:** Honestly, I usually just use the kitchen sink. Or this is [\\$10.43 on Amazon](#).

\*\* Please do NOT reuse spray bottles from your old commercial cleaners, as this can be dangerous.

## 5. Essential Oils (optional)

If you choose to use EOs in your cleaning & laundry products, maybe start with just one or two of your favorites. If it helps to choose, I love **clove or peppermint to freshen the air** in my home and **I tend to use lavender the most** in my DIY cleaners. (I probably use **tea tree or rosemary** the second-most.)

**NOTE:** Essential oils are not appropriate for everyone, as they can cause sensitivities. *We'll talk about why that happens, as well as how to buy and use EOs safely.*



Essential Oil	Disinfects	Cuts grease	Purifies	1 oz
Bergamot	✨	🍋		\$28.95
Clove	✨		🌿	\$19.95
Eucalyptus	✨		🌿	\$12.95
Frankincense	✨			\$34.95
Grapefruit	✨	🍋	🌿	\$26.95
Lavender	✨		🌿	\$16.95
Lemon	✨	🍋	🌿	\$19.95
Lemongrass	✨		🌿	\$14.95
Lime	✨	🍋	🌿	\$10.95
Orange		🍋	🌿	\$9.95
Oregano	✨		🌿	\$21.95
Peppermint	✨		🌿	\$13.95
Rosemary	✨		🌿	\$14.95
Sage			🌿	\$22.95
Tea Tree	✨		🌿	\$14.95
Thyme	✨		🌿	\$19.95