

Natural Household Cleaners - Program Proposal

Description

This program will appeal to patrons who want natural alternatives to commercial products. It works well in a program series about personal care, health and wellness, or adulting. When staff prepares the basic solution in advance, simple recipes make the program a good introduction to DIY and practical, collaborative learning. In the program session, patrons work in groups to create laundry soap, all-purpose cleaner, window cleaner, and a mild scouring solution to take home.

Audience

Teen/Adult

Budget/Costs

Durable Goods Investment: \$68

Consumables: \$46

Cost of consumables/participant: \$5.73

Number of participants

8

Program Time

1.5 hours plus 1.5 hours staff setup time

Collection and Dewey Connections

Essentials Oils - 615.321

House Cleaning - Environmental Aspects - 648.5

Handicrafts - 745.593

STEAM Tie-ins

Science: chemical reactions, five senses

Art: shapes, textures

Math: measuring



Natural Household Cleaners

Equipment Notes (See also complete supplies list)

You will need:

- Access to a stove ahead of the workshop to make soapnuts liquid
- Sieve
- A sink or bucket of water to wash and rinse equipment at the end of the workshop
- Deep mixing bowls or 2 quart pitchers - glass, metal, or plastic
- Spatulas - silicone cleans up easily
- Wet measuring cups
- Tablespoon measures

Ingredients

- Soapnuts - also known as soap berries
- Distilled water
- Vinegar
- Isopropyl alcohol
- Baking Soda
- Essential oils

Method [TOTAL TIME: 120 minutes]

Preparation

Make soapnuts liquid concentrate: 60 minutes (ahead of time)

Make soapnuts liquid concentrate, the basis for the different cleaners, ahead of time and allow to cool. You can also make a second batch during the workshop to demonstrate the process if you have access to a stove.

INGREDIENTS

- 15-20 soap nuts
- 10 total cups of filtered or distilled water

DIRECTIONS

1. Bring 6 cups of water and all of the soapnuts, to a boil and reduce heat down to medium so that the soapy water does not boil over. Boil for 20 minutes.
2. After 20 minutes, add 2 more cups of water and continue to boil for another 10 minutes.
3. After 10 minutes, add the last 2 cups of water and continue to boil for 10 more minutes.
4. Strain the liquid and store in a clean air-tight jar in the fridge for up to two weeks. This will not keep outside the fridge without adding something for preservation! Use for all your cleaning needs!

The soapnuts will be a gray color when you are done, showing that you have gotten all of the saponins out of them. Compost your used soapnuts when you are finished with them.

Day of Program Preparation: 15 minutes

Cover work areas with paper. Arrange ingredients and equipment.

Introduction: 10 minutes

1. Introduce yourself and any experts. Provide cautions for essential oils:
Oils are concentrated and can irritate skin. Avoid direct contact with full-strength oils.
2. Provide overview.
 - a. Describe soapnuts and their properties.
<https://www.youtube.com/watch?v=KY5GMa8hFn8>
 - b. Show liquid concentrate.
 - c. "Make" first cleaner: Laundry Soap
 - i. Distribute 6 soapnuts and muslin bags to each participant.
 - ii. Give instruction: Toss it in the wash. Take it out before drying. Reuse until the soapnuts are grey.
 - d. Depending on the number of participants, session can work together or divide into groups. Each group makes a enough of a cleaner for everyone to take home all kinds.

Measure and mix Ingredients: 20 minutes

For each cleaner, add ingredients for each person, plus one extra so that you have enough for everyone.

Optional: Play soapnuts harvesting video while groups are working

<https://www.youtube.com/watch?v=IITOW0qKGvY>

Group A: All Purpose Cleaner

1. Combine 1/4 cup soapnut liquid, 1/8 cup white vinegar, and 1/8 cup water per person.
2. Use funnel to pour into spray bottles.

Group B: Shiny Windows Cleaner

1. Combine 2 Tsp. soapnut liquid, 1 Tbsp. white vinegar, 1 Tbsp. Isopropyl alcohol, and 1/4 cup water per person.
2. Use funnel to pour ingredients into spray bottles.

Group C: Softer Scrub

1. Combine 3/4 cup baking soda, 1/8 cup liquid castile soap, 1/8 cup soapnut liquid, and (optional) 10-12 drops essential oil for each person. Lemon, sweet orange, tea tree or a combination of them work well. Essential oils can be added before or after dividing batch.
2. Divide scrub between metal containers.

Label containers: 10 minutes

1. Wipe or wash containers and your hands.
2. Write on the labels, and adhere them to the bottles.
**Optional: include the ingredients for anyone who has sensitivities.

Clean up and complete survey: 15 minutes

1. Wash equipment and work area, using your new cleaning products.
2. Patrons fill out survey.

Related Links

- <http://www.thehippyhomemaker.com/going-nuts-for-soapnuts/>
- <https://brendid.com/green-cleaning-ingredients-you-should-never-mix/>
- https://www.youtube.com/watch?v=AxOorVe9L_4

Labels



SHINY WINDOWS
CLEANER



SHINY WINDOWS
CLEANER



SHINY WINDOWS
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SOFTER SCRUB



SOFTER SCRUB



SOFTER SCRUB



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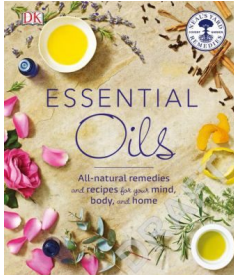

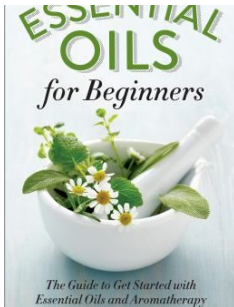
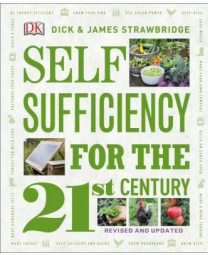
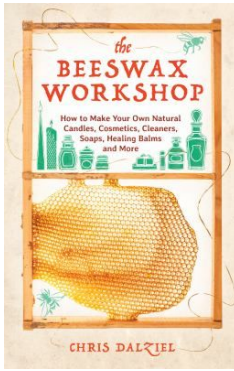


| Natural Household Cleaners | | | | |
|----------------------------|-------|----------|-------|-------------------|
| Item | Price | Quantity | Total | Where to Purchase |

| Equipment | | | | |
|---|---------|----|----------------|---|
| Stainless Steel Strainer/Sieve | \$3.99 | 1 | \$3.99 | Dollar Store or https://www.amazon.com/Culina-Double-Strainer-Stainless-Wooden/dp/B00R59S3VC/ref=sr_1_17?s=Kitchen&ie=UTF8&qid=1491345770&sr=1-17&keywords=sieve |
| Cook N Home 02440 Stockpot Saucepot with Lid, 8 quart | \$29.01 | 1 | \$29.01 | https://www.amazon.com/Cook-Home-02440-Induction-Compatible/dp/B012OIVV1C/ref=sr_1_2?s=home-garden&ie=UTF8&qid=1491347550&sr=1-2&keywords=8+qt+pot |
| 2 Qt. Deep Mixing Bowl or Measuring Pitcher | \$5.99 | 2 | \$11.98 | Home Goods |
| Liquid Measuring cups | \$4.99 | 2 | \$9.98 | Home Goods |
| Measuring spoons | 3.99 | 1 | 7.98 | Home Goods |
| silicone spatula (set of 4) | \$4.99 | 1 | \$4.99 | KMart, Home Goods |
| Funnel | \$1.00 | 3 | \$3.00 | Dollar Store |
| SUBTOTAL | | | \$67.93 | |
| Consumable Supplies | | | | |
| White vinegar (1 gal) | \$2.09 | 1 | \$2.09 | Local grocery |
| Baking soda (13.5 lb box) | \$17.05 | 1 | \$17.05 | https://www.amazon.com/HAMMER-Baking-Soda-13-5-Pound/dp/B002SKVZIQ/ref=sr_1_3_a_it?ie=UTF8&qid=1497386246&sr=8-3&keywords=baking+soda |
| Pure Body Naturals essential oil set of 6 | \$15.95 | 1 | \$15.95 | https://www.amazon.com/Pure-Body-Naturals-Therapeutic-Essential/dp/B019DI0586/ref=sr_1_1?s=beauty&ie=UTF8&qid=1491343927&sr=1-1-spons&keywords=essential+oils&psc=1 |
| Soap Nuts (1 lb) | \$8.00 | 1 | \$8.00 | https://www.mountainroseherbs.com/products/soap-nuts/profile |
| Distilled Water (1 gal) | \$1.49 | 1 | \$1.49 | Grocery Store |
| Liquid Castille Soap (1 gal) | \$47.00 | 1 | \$47.00 | https://www.mountainroseherbs.com/products/castille-soap-liquid/profile |
| Isopropyl Alcohol (32 oz) | \$4.49 | 1 | \$4.49 | http://www.cvs.com/shop/health-medicine/first-aid/antibiotic-antiseptic/cvs-health-91-isopropyl-alcohol-productid-1011920 |
| Cotton Muslin bags (case of 25) | \$10.00 | 1 | \$10.00 | https://www.mountainroseherbs.com/products/cotton-muslin-bags/profile |
| 6 oz clear PET bottle | .51 | 24 | \$12.24 | https://www.containerandpackaging.com/products/55/pet-imperial-and-bullet-and-cosmo-rounds/B335 |

| | | | | |
|--|---------|---------|-----------------|---|
| White fingertip sprayer with overcap | .40 | 24 | \$9.60 | https://www.containerandpackaging.com/products/28/fine-mist-sprayers/S006 |
| 4 oz natural-colored jar | .39 | 24 | 9.36 | https://www.containerandpackaging.com/products/100/pp-single-wall-jar/J020 |
| non-latex gloves | \$0.25 | 24 | \$6.00 | hardware or Home Depot |
| Labels - Return Address Size | | 1 sheet | | from general office supplies |
| Gallon Zip lock bag | | 1 | | From library supplies |
| SUBTOTAL | | | \$137.27 | |
| TOTAL | | | \$209.19 | |
| | | | | |
| Cost per participant (24 participants) | | | \$5.73 | |
| | | | | |
| Optional | | | | |
| Glycerin | \$7.99 | 1 | \$7.99 | CVS or local pharmacy |
| Soapwort Root - 1lb | \$10.25 | 1 | \$10.25 | http://www.herbco.com/c-190-soapwort.aspx |

Title List

| | | | |
|--|---|---|---|
|  <p>HOMEMADE CLEANERS QUICK-AND-EASY, TOXIC-FREE RECIPES</p> <p>TOXIC-FREE KITCHEN CLEANER BATHROOM DISINFECTANT LAUNDRY DETERGENT BLEACH BUG KILLER AIR FRESHENER AND MORE...</p> | <p>Homemade cleaners : quick-and-easy, toxin-free recipes to replace your kitchen cleaner, bathroom disinfectant, laundry detergent, bleach, bug killer, air freshener, and more...</p> <p>Author: O'Brien, Mandy</p> |  <p>ESSENTIAL Oils</p> <p>All-natural remedies and recipes for your mind, body, and home</p> | <p>Essential Oils</p> <p>Curtis, Susan (Homeopath), author.</p> <p>Thomas, Pat, author.</p> <p>Johnson, Fran, author.</p> |
|  <p>LEARN TO LIVE a Greener Life</p> <p>GREEN CLEANING for a healthy home</p> <p>THE LIVING SERIES</p> | <p>Green cleaning [DVD] : for a healthy home</p> <p>Author: Nir, Saul; Firestone, Ari; Leroux, Shannon; Rey, Emmanuel; Living Series (Firm)</p> |  <p>ESSENTIAL OILS for Beginners</p> <p>The Guide to Get Started with Essential Oils and Aromatherapy</p> | <p>Essential oils for beginners</p> <p>Althea Press, editor.</p> |
|  <p>DICK & JAMES STRAWBRIDGE</p> <p>SELF SUFFICIENCY FOR THE 21ST CENTURY</p> <p>REVISED AND UPDATED</p> | <p>Self-sufficiency for the 21st century</p> <p>Strawbridge, Dick, author.</p> |  <p><i>the</i> BEEWAX WORKSHOP</p> <p>How to Make Your Own Natural Candles, Cosmetics, Cleaners, Soaps, Healing Balms and More</p> <p>CHRIS DALZIEL</p> | <p>The beeswax workshop : how to make your own natural candles, cosmetics, cleaners...</p> <p>Dalziel, Chris, author.</p> |

Total BooX Shelf: Natural Household Cleaners Book Shelf



What are soapnuts?

- A member of the Lychee family, soapnuts are a berry that grows on the Soap Berry tree (*Sapindus mukorossi*) and contains saponins, a natural surfactant.
- They are native to India and Nepal.
- An eco-friendly option over many of the toxic chemical-laden detergents out there.
- Soapnuts, unlike commercial soaps with artificial foaming agents, do not bubble or foam up while doing their cleaning job (foaming = clean is a myth).
- A very gentle option for those with allergies to the chemicals in detergent soaps.
- Often used as an Ayurvedic treatment for eczema, psoriasis, and fungal conditions.
- Soapnuts are not actually nuts so those with nut allergies can use them for cleaning.

Soapnuts Liquid Concentrate

Soapnuts liquid concentrate can be used on its own and is the basis for the different cleaners. Make a batch and store it in the refrigerator for up to 4 weeks.

INGREDIENTS

- 15-20 soap nuts
- 10 total cups of filtered or distilled water

DIRECTIONS

1. Bring 6 cups of water and all of the soapnuts to a boil and reduce heat down to medium so that the soapy water does not boil over. Boil for 20 minutes.
2. After 20 minutes, add 2 more cups of water and continue to boil for another 10 minutes.
3. After 10 minutes, add the last 2 cups of water and continue to boil for 10 more minutes.
4. Strain the liquid and store in a clean air-tight jar in the fridge for up to four weeks.

This will not keep outside the fridge without adding something for preservation.

The soapnuts will be a gray color when you are done, showing that you have gotten all of the saponins out of them. You can compost your used soapnuts when you are finished with them.

Laundry Soap – Throw 4-6 of the berries in a cotton muslin bag, throw into the machine with your clothing and wash as usual (remove before putting your clothing in the dryer). You can re-use them 5 or 6 times. They are ready to be replaced when they turn gray and flimsy. Use warm or hot water for the best result. You can also use 1/3 cup soap nuts liquid in cold water washes.

Dishwasher Liquid – Fill up your detergent section of your dishwasher with the soapnuts liquid.

All-Purpose Cleaner – Combine 1/2 cup soapnut liquid, 1/4 cup white vinegar, and 1/4 cup water in a spray bottle. Use all over your house.

Window Cleaner – Combine 1 Tbsp. soapnut liquid, 2 Tbsp. white vinegar, 2 Tbsp. Isopropyl alcohol, and 1/2 cup water. Combine ingredients in a spray bottle and use as usual on all your dirty windows.

Softer Scrub – Combine 1 1/2 cup [baking soda](#), 1/4 cup [liquid castile soap](#), and 1/4 cup soapnut liquid, and 25 drops orange or lemon essential oils (optional).

Patron Program Survey

Your response to this brief survey helps to improve programming in the short and long term. Thanks in advance for your input!

On a scale of 1 to 5, rate your knowledge of and confidence about the activity BEFORE the program.

- 1 - I've never heard of it.
- 2 - I've heard of it but don't have much knowledge of it. I haven't participated in it.
- 3 - I have participated in this activity once. I am a novice.
- 4 - I have some knowledge about the activity and have participated in it as a hobby or past time.
- 5 - I am an expert or professional in this field or activity.

On a scale of 1 to 5, rate your knowledge of and confidence about the activity AFTER the program.

- 1 - I've never heard of it.
- 2 - I've heard of it but don't have much knowledge of it. I haven't participated in it.
- 3 - I have participated in this activity once or twice. I am a novice.
- 4 - I have some knowledge about the activity and have participated in it as a hobby or past time.
- 5 - I am an expert or professional in this field or activity.

What did you like most about the activity?

How likely is it that you will recommend this program to someone?

Very likely

Not likely

If you answered "Not likely" above, why not?

It needs to be better organized.

It wasn't fun.

I didn't like the materials.

I wasn't happy with my finished product.

Other:

What suggestions do you have for making the activity better?

What suggestions do you have for other programs at the library?

Educational/Lifelong Learning Survey

Your response to this brief survey helps to improve programming in the short and long term. Thanks in advance for your input!

You learned something new that is helpful

- Agree
- Disagree

You feel more confident about what you just learned

- Agree
- Disagree

You intend to apply what you just learned

- Agree
- Disagree

You are more aware of applicable resources and services provided by the library

- Agree
- Disagree

What did you like most about the program?

What could the library do to improve your learning?

What other projects would you like to learn?