Weekly Greening

Committed to Going Greener Week by Week in Campus Life

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Eco-Friendly in the Office:

Cleaning Products

Cleaning products that work as well as the leading brand AND are eco-friendly...who would have thought that the combination could really exist?!

- **20 Mule Team Borax** It's really cheap, has no chemicals, and makes surfaces sparkle like there's no tomorrow. It is a tad messy, but worth it.
- **Baking Soda and Vinegar** These ingredients are found in most households, are effective in cleaning, and are quite inexpensive. *Downsides* Adding baking soda to a wet sponge is messy and it takes a few tries to remove stains. Vinegar smells.
- **Simple Green** Not only do all the review sites I checked out love this product, I have personally had several recommendations from friends and swear by it myself. They have something for everything you could ever want to clean and sanitize from floors and surfaces to automobiles and fences. Not only are the Simple Green products eco-friendly and affordable, they actually work. The same can not be said for the widely advertised Seventh Generation (no offense to those who use their products).

Courtesy of
www.grist.org

Eco-Friendly in the Home:

Cold and Flu Season

Try these natural remedies when you catch a winter cold:

- **Cough** Add 3 tablespoons of dried thyme to a pint of boiling water. Let it cool and then add 1 cup of honey. Take 1 teaspoon every hour as needed.
- **Runny Nose** Add garlic to your meals or boil water with eucalyptus oil added. Stand over the mixture and breathe in.
- **Sore Throat** Lots of tea and gargling with salt.
- **Headache** Eating 2 cups of carrots every day will actually reduce your number of headaches by 70%.
- **Trouble Sleeping** Try celery, chamomile tea, or lavender.
- **Preventing a Cold** Good ol' vitamin C: orange juice, grapefruit juice, peaches, and red peppers.

Courtesy of
www.thedailygreen.com

What's Your Green Personality?

thedailygreen.com

Weekly Tasks

- Check out Simple Green cleaning products on the Corporate Express website and re-stock your supplies
- Stock up on vitamin C

Helpful Website of the Week

simplegreen.com

Fact Check

The number of pounds of chemicals that the institutional cleaning industry uses each year?

5 billion.

planetgreen.discovery.com