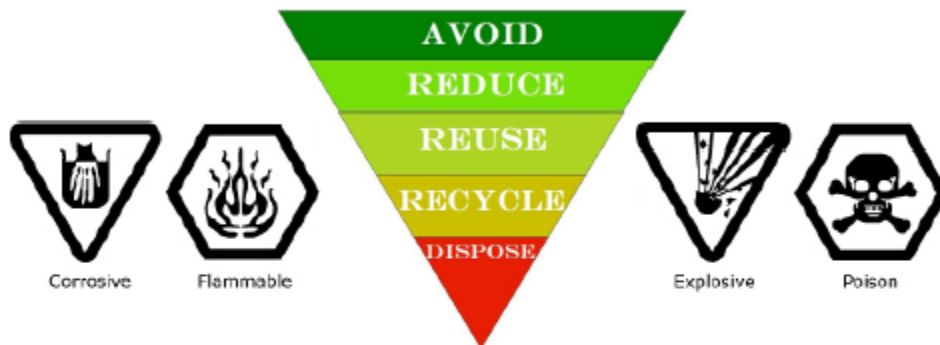


Alternatives to Household Hazardous Waste



An updated guide for people seeking alternatives to household hazardous waste products. These useful tips can replace more toxic products and provide less expensive, effective alternatives for your household needs.



Annual household hazardous waste collection events are organized by the Lakes Region Planning Commission, with financial support from participating communities, the NH Department of Environmental Services, and USDA. Collection schedules and information are available at

<http://www.lakesrpc.org/serviceshww.asp>

What is HHW?

HHW stands for Household Hazardous Waste. This includes products that say "Danger", "Warning", "Poison", or "Caution" on the label. There are four categories (flammable, reactive, corrosive, and toxic) these products can fall under that are detrimental to humans and the environment alike. These products are potentially hazardous to the water supply because most treatment plants and leach fields are incapable of processing their chemicals.

What does Avoid, Reduce, Reuse, Recycle, Dispose mean?

Avoid: Hazardous products such as oil-based paints, pesticides, and polishes should be avoided if at all possible. Use substitutes like the ones listed in this guide.

Reduce: If hazardous products must be used, limit their consumption.

Reuse: If there is unused hazardous product, try swapping or giving it to a neighbor.

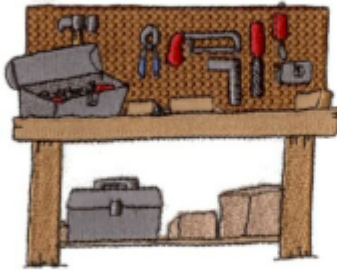
Recycle: If unused hazardous product still remains, try using it for a different project.

Dispose: As a last resort, properly dispose of household hazardous waste at a collection event. The Lakes Region Planning Commission hosts safe HHW events annually. For more information please call (603) 279-5341.



AVOID REDUCE REUSE RECYCLE DISPOSE

For the Workbench:



Paint Odors: Place a large cut onion into a big pan of cold water in the room. Paint odors will quickly absorb into the onion.

Paint remover: On glass, apply a hot vinegar solution, then wipe away. To eliminate window scraping, apply a thin layer of petroleum jelly around the corner of the window pane before scraping.


Woodwork Scratches: Mix 1 teaspoon of instant coffee with 2 teaspoons of water. Apply to the scratch with a cotton ball.

Wood furniture polish: Use lemon oil, olive oil, or beeswax. Shake well, and apply to furniture using a clean, dry, lint-free cloth in the direction of the grain. (To remove water condensation marks, use equal parts vinegar and olive oil.)

Wood Stain: To create wood stain, soak steel wool in a jar with vinegar overnight. Use liquid as your stain. (Hint: different types of vinegar will determine the color of your stain. The more acidic, the darker the stain.) Also, try adding coffee to the mixture for a darker color stain.



FOR THE WORKBENCH



For the Yard and Garden:

Garden Insect Spray: In a blender, grind together 4 fresh hot chili peppers, 4 onions and 2 whole garlic bulbs. Place them in a pot, cover vegetables with water. Let stand 24 hours. Strain with cheesecloth, save liquid. Add water to strained liquid to make 1 gallon. Use as insect spray in garden to discourage bugs as well as four-footed nibblers. Soapsuds are also a fantastic insecticide. Spray them on liberally.

Simple Garlic Insecticide: Puree two whole garlic bulbs in blender, mix with one quart of water and let sit overnight. Strain water, add ½ cup of vegetable oil and 1 tsp. of mild soap. Use one cup of this mixture with one quart of water and spray liberally on plants.

Personal Tick and Mosquito Repellant: While working in the yard and garden try this mixture to repel mosquitoes and ticks. 6 oz. Witch Hazel, 2 oz. Castor Oil, 5 drops cinnamon oil, 15 drops eucalyptus oil, and 15 drops citronella oil, put all ingredients into a spray bottle, shake well before each use.



Weed Killer: Pour salted boiling water on the unwanted plants. Take care to not pour any on plants that you want to keep.

FOR THE YARD AND GARDEN

For the House:

Carpet/Rug Cleaner: Mix 1/2 cup dish detergent and 1 pint warm water with electric mixer until stiff foam forms. Apply with damp sponge in 4 ft by 4 ft sections. Rinse with 1 cup white vinegar and 1 gallon lukewarm water.

Hardwood/Laminate Floor Cleaner: Brew black tea, use spray bottle to apply to floor. Follow with a damp mop.

Or try using a vinegar-water mixture: spray onto the bottom of a dust mop and use to mop floor.



Toilet Bowl: Pour can of carbonated cola in toilet bowl, let sit for one hour, then brush and flush clean.

All-Purpose Cleaner: Mix 2 Tablespoons baking soda with 1 pint warm water in a spray bottle. To cut grease, add a squeeze of lemon juice or a splash of vinegar.



Grease-Clogged Drain Cleaner: Pour 1/2 cup of baking soda down the drain followed by 1 cup of white vinegar. Immediately cover the drain opening. Allow it to sit for about 15 minutes, finish by adding a gallon of boiling water down the drain.

Oven Cleaner: Create baking soda paste by combining baking soda and water. Apply this paste generously on oven surfaces. Leave on overnight, wipe clean with sponge.

FOR THE HOUSE

For Personal Care:

Shampoo: Combine: $\frac{1}{4}$ cup coconut milk, $\frac{1}{4}$ cup liquid castile soap, $\frac{1}{2}$ tsp. olive oil (for dry hair). Keep in a container for up to a month.

Conditioner: Combine 1 tbsp. apple cider vinegar and 1 cup of water. Shake before each use, massage into hair, and rinse.

Body Scrub: Mix together $\frac{1}{2}$ cup sea salt, $\frac{1}{2}$ cup oil (almond, jojoba, olive, or coconut), 1 tsp. citrus zest. Rub on skin and rinse.



Deodorant: Melt 2 tbsp. Shea butter and 3 tbsp. coconut oil. Remove mixture from heat and add 3 tbsp. of baking soda and cornstarch, mix well. Add any essential oil such as lavender or tea tree, let it cool completely.

Hair Spray: Boil $1\frac{1}{2}$ cups of water and dissolve 2 tbsp. of white sugar. Allow to cool, add 1 tbsp. of high proof alcohol (such as vodka). Store in spray bottle.

Toothpaste: Combine $\frac{1}{2}$ cup baking soda, $\frac{1}{2}$ cup coconut oil, 30-40 drops peppermint essential oil, and 1 packet of stevia powder. Transfer to air-tight lidded jar.

FOR PERSONAL CARE

Recipe Sources

The recipes found in this flipbook came from a variety of sources on the internet. To find the list of sources, visit the Lakes Region Planning Commission HHW informational website.



Other Useful Resources

- *Lakes Region Planning Commission HHW Information:*
<http://www.lakesrpc.org/serviceshhw.asp>
- *NH Department of Environmental Services HHW Information:*
<http://des.nh.gov/organization/divisions/waste/hwcb/index.htm>
- *EPA HHW Information:*
<https://www.epa.gov/saferchoice>



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Neither LRPC nor NH DES guarantees the effectiveness or the safety of these recipes. The user should always test alternative recipes on a small section of material in case discoloration or damage occurs.