**Something for the weekend.....Action #14: Stop cleaning fish to death.**

How clean is your house? Sparkling? Or homely and just fine...until you disturb the dust?

Cleaning is not always a priority and we all have different standards. However most of us do it at some point. But products you may consider your friend in this task may well be foe to our environment - packaging and ingredients alike. They both biodegrade, polluting water and all aquatic life within it - consequently entering the food chain.....and so it continues.....to us.

There are many products claiming to be 'eco friendly' as part of the green marketing trend. Ask yourself - just how safe are they? What exactly are the ingredients and are they from a sustainable source? Are they made in the UK or shipped from overseas? What research are these claims based on? What packaging are they sold in - can it be recycled? Are you duplicating what you need - do you really need a separate bathroom and kitchen cleaner? Does our toilet really need to be clean enough to eat our dinner from?!

Non toxic, homemade cleaning recipes seem to be saturating TV and social media streams with the best of intentions. Sadly the advice can often be inaccurate; and mixing chemicals, even as seemingly harmless as vinegar and bicarb should not be done. The chemical reactions could be a hazard to our health and/ or negate the efficacy of the product you end up with. So just as you think you're winning, you are (perhaps unknowingly) losing 😔.

However, the principle of going back to basics is a good one👍.

Therefore you might like to consider the following items as one stop alternatives:

✅ White vinegar (a daily go to, consider investing in a 5L bottle of it, available at the Southbourne General Store. Yes it is plastic, but this can be recycled).

✅ Bicarbonate of soda (has a multitude of uses, invest in a large box of it, also available at Southbourne General Store and Wilko. It is in cardboard packaging).

✅ Citric acid (sounds harsher than it is - equivalent of what you find in citrus fruits - and is in cardboard packaging. Works wonders on limescale and can be mixed up into a spray as an alternative to using white vinegar as an all purpose cleaner. Also avavailable from Southbourne General Store and Wilko. Did we say it was in cardboard packaging? Winning).

✅ Household soap (nifty little stain remover this one; sold as a bar in NO PACKAGING!!!!!! - from Southbourne General Store. Have a lie down if you need to).

✅ Liquid soap (pure and simple and can be diluted to make all sorts; from a handwash, to laundry and floor cleaner. Available from Southbourne General Store and Wilko. Sorry - this is in a plastic bottle...but it can be recycled).

✅ Soda Crystal's (another versatile alternative to items such as bleach and oven cleaners. Available from Southbourne General Store and Wilko. The packaging cannot be recycled at this stage, but the manufacturer is trialling other materials...fingers x).

Now what to do with the above? We are not scientific cleaning experts; so please do not ask us for such advice. But let us inform you of the following sources of safe, reliable, information and guidance:

[https://www.dri-pak.co.uk](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.dri-pak.co.uk%2F%3Ffbclid%3DIwAR3Feg-7OR00jyzMSyVpR0t1LHB4IMGodP8tzsvQwOtP3n4TvvoIF5BuE0U&h=AT3JjMJFThBDB-XJCb00J12zSHZzwJu3zRma1wPo9T8bpTGIO-b7D-0ft3oRQFHU07X8Bsr2fR0GcLpACauRnzKQ6jNa2neco81VAsS-IHxyWzTBesUU7IJeohK-LytB9P5mETu3XnsqUw0HiIyPpAHzisMjP6Axo6JNIw)

[https://www.robertdyas.co.uk/blog/42-easy-cleaning-tips](https://www.robertdyas.co.uk/blog/42-easy-cleaning-tips?fbclid=IwAR1xjdY5_I-0oinRWXUiPPLg-7AHDZsUdF-oZoc3BkqxLbqn2UB6PR3dO-k)

We hope this post inspires you to consider alternative options for cleaning and the like. If you're still not sure, check out this article:

[https://www.dri-pak.co.uk/how-do-you-clean-your-loo/](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.dri-pak.co.uk%2Fhow-do-you-clean-your-loo%2F%3Ffbclid%3DIwAR0-WVJNyzgoSdfOnFu2PF2PIbJSq9S42gEVI4a5QKXzaX624zCbir7tvao&h=AT1h45pluaxWzQ9V8t9gZx1gM-tX55DprFWZrllIoBORItRia4t9Cf0D7tyWuB3SYK0_5RAMoWAaVhwkIWxAclRZwCJLaNcAQLS_VeMmnv_CdgMuf3XbJhcQX9T6gw72Bdya5Hc3DS3lEB6DHu9x_Dv9PV2V8thhsZ1rNw)

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Remember - reduce, reuse and recycle

Please don't just ditch what you have already. Pouring it down the sink won't make it disappear! Use it up, then make the swap, if this is what you decide to do - and hang onto any spray / squirty bottles and large jars to decant ingredients into!