

EWG'S TIPS

FOR CLEANING UP AFTER A MEAL



Linens

1. Don't wait too long to treat soiled and stained aprons, napkins or table linens.
2. Scrape off excess food with a table knife or dry brush.
3. Pretreat smaller areas by rubbing or brushing a drop of diluted detergent directly into the fabric, and then rinsing.

TIP: *Treat the reverse side to force the stain off the fabric, not through it.*

4. Soak your linens in a mixture of warm to hot water and sodium percarbonate (oxygen bleach)—a great substitute for sodium hypochlorite (chlorine bleach), which can worsen asthma or cause it to develop.
5. Let your linens soak for at least 10 minutes and up to six hours.
6. Wring out excess water and wash at your convenience or toss them into your washer to be laundered immediately.

TIP: *What other less risky ingredients are available in stain removers?*

- ✓ Hydrogen peroxide
- ✓ Washing soda
- ✓ Mixture of sodium carbonate (washing soda) & sodium percarbonate
- ✓ Acetic acid
- ✓ Citric acid

Cast Iron & Copper Cookware

Conventional scouring powders can contain strong acids that may cause serious skin, eye, and respiratory irritation. They can also ruin the seasoning, or easy-release finish, on a cast iron pan.

CAST IRON

To clean your cast iron cookware while preserving the seasoning:

1. Rinse out the skillet with hot tap water.
2. Use a stiff brush, scraper, or abrasive sponge to remove bits of burned or baked-on food.
3. Follow with a thorough, soapy washing, then rinse and dry completely with a towel.
4. Finish by applying a thin layer of cooking oil to the inside and outside.

TIP: *Avoid Per- and polyfluoralkyl substances, or PFAS, in coated cookware. These nonstick chemicals are linked to cancer and thyroid disease, liver damage, and endocrine disruption. Try cast iron or stainless steel instead.*

COPPER

One common tarnish remover on the market for use on copper contains thiourea, a carcinogen.

A better choice for polishing copper:

1. Dip a half a lemon in kosher or coarse salt.
2. Rub lemon across the copper until it gleams.

TIP:
Learn more
about healthy
cleaning tips at
ewg.org/cleaners