How to Clean Using White Distilled Vinegar



Did You Know You Can Clean Your Home With White Distilled Vinegar?

White distilled vinegar is one of the safest and most affordable multi-purpose cleaners you can use at home. Made from acetic acid and water, it naturally dissolves dirt, grease, and mineral deposits; without harsh chemicals. It's an excellent option for people who want to keep their homes clean while protecting their health and the environment. Cleaning with vinegar helps improve indoor air quality, reduce exposure to harsh chemicals, lower cleaning costs, and protect waterways and the environment.

How Effective is Cleaning With White Distilled Vinegar?

Research shows that the acetic acid in vinegar helps break down grease, grime, soap scum, and mineral deposits. It also neutralizes many household odors and leaves surfaces fresh and clean. While vinegar is not a hospital-grade disinfectant, it does kill some bacteria such as E. coli and Salmonella, making it a great option for everyday cleaning. For full disinfection, follow with a registered disinfectant if needed. However, vinegar should **never** be mixed with bleach or hydrogen peroxide, as this can create toxic fumes.

Common Uses for White Distilled Vinegar in Cleaning

Kitchen surface cleaner: Mix 3 parts baking soda with 1 part water to make a paste. Apply to countertops, sinks, or stovetops; let sit briefly, then scrub and rinse.

Refrigerator deodorizer: Keep an open box in the fridge or freezer to absorb odors.

Dish cleaner: Add a spoonful to dishwater or directly to your dishwasher to boost cleaning power.

Bathroom glass & tile cleaner: Spray undiluted vinegar on shower doors or tiles to remove soap scum and hard water stains.

Toilet bowl cleaner: Pour 2 cups vinegar into the bowl, let sit for an hour, scrub, and flush.

Laundry freshener: Add ½ cup vinegar to the rinse cycle to soften fabrics and remove odors.

Do NOT mix vinegar with bleach or hydrogen peroxide — this creates dangerous fumes. Avoid using vinegar on natural stone, aluminum, or waxed wood, as it can damage the surface.

DIY White Distilled Vinegar Cleaning Recipes

All-purpose cleaner: Mix 1 cup white vinegar with 1 cup water in a spray bottle. Use for most surfaces.

Glass & mirror cleaner: Mix 1 cup vinegar, 1 cup water, and 1 tablespoon rubbing alcohol. Spray and wipe with a lint-free cloth.

Drain refresher: Pour ½ cup baking soda down the drain, followed by 1 cup vinegar. Let bubble for 5–10 minutes, then rinse with hot water.

Hard water remover: Warm undiluted vinegar and apply to faucets or showerheads. Let sit for 10 minutes before rinsing.

Fabric softener substitute: Add ½ cup vinegar to the rinse cycle instead of commercial softeners.

Floor cleaner: Mix ½ cup white vinegar with 1 gallon of warm water. Use to mop tile, vinyl, or laminate floors for a natural shine and to remove dirt and residue.
(Avoid using on hardwood or natural stone floors.)

Remember: Cleaning with vinegar helps improve indoor air quality, reduce exposure to harsh chemicals, lower cleaning costs, and protect both your health and the environment.

Public Health
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Have Questions? Contact Tioga County Public Health

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