How to Clean Using BAKING SODA



Did You Know You Can Clean Your Home With Baking Soda?

Baking soda (sodium bicarbonate) is a simple, non-toxic, and inexpensive household product that can safely clean and help maintain a healthier home environment. Unlike many commercial cleaners, baking soda is free of harsh chemicals, fragrances, and irritants, making it a great choice for families, people with allergies, and anyone looking to reduce chemical exposure in the home. Using baking soda is beneficial because it's a non-toxic and affordable cleaner that effectively removes odors, grease, and stains while reducing chemical exposure in your home.

How Effective is Cleaning With Baking Soda?

Scientific studies and home experiments show that baking soda is effective at breaking down grease and grime through mild abrasion, neutralizing acids and odors by balancing pH, and removing stains without damaging most surfaces. Although it is not a disinfectant, baking soda can enhance overall cleaning when used with vinegar, soap, or warm water. Avoid mixing baking soda with vinegar in a closed container, as the reaction can cause pressure buildup. Store baking soda in a cool, dry, sealed container, and avoid using it on aluminum or unfinished wood to prevent surface damage.

Common Uses for Baking Soda 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.

Deodorizer: Pour ½ cup down drains weekly followed by hot water to keep them fresh.

Bathroom sink, tub, and tile scrub: Sprinkle on a damp sponge and scrub surfaces to remove soap scum and mildew.

Toilet cleaner: Pour ½ cup into the bowl, let sit for 30 minutes, then scrub and flush.

Laundry odor remover: Add ½ cup to your laundry load to neutralize smells. Brightener: Helps whiten whites and soften fabrics naturally.

Carpet deodorizer: Sprinkle on carpet, let sit for 15 minutes, then vacuum.

DIY Baking Soda Cleaning Recipes

Scrub for pots and pans: Sprinkle baking soda directly on cookware, add a little warm water, and let sit for 10 minutes. Scrub and rinse.

Tile & grout cleaner: Make a paste of ¾ cup baking soda, ¼ cup hydrogen peroxide, and 1 tablespoon dish soap. Apply to grout, wait 5–10 minutes, scrub, and rinse.

Refrigerator freshener: Place 1 cup of baking soda in a small open container or jar and leave it in the fridge or freezer to absorb odors for up to a month.

All-purpose cleaner paste: Mix ½ cup baking soda with just enough water to form a thick paste. Use to scrub sinks, counters, and stovetops. Rinse well.

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

Fresh carpet powder: Combine 1 cup baking soda with 10 drops of essential oil (optional). Sprinkle on carpet, wait 15 minutes, and vacuum.

Remember: Cleaning with baking soda 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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