



# Clean the eco-friendly way

Tips on what to buy, where to find environmentally friendly products, and how to make your own at home.

BASIC CLEANING PRODUCTS	<ul style="list-style-type: none"><li>• <b>Baking soda</b> – an effective all-purpose cleaner.</li><li>• <b>Baking powder</b> – a gentler alternative to baking soda.</li><li>• <b>Dish soap</b> – brands like Yes or Grumme work well.</li><li>• <b>Grön såpa</b> – suitable for many types of cleaning.</li><li>• <b>Vinegar (ättika 24%)</b> – strong and effective, e.g. for removing limescale.</li><li>• <b>Vinegar (ättika 12%)</b> – a milder version of vinegar; the difference lies in the ratio of acetic acid to water.</li></ul>
CLEANING EQUIPMENT	<ul style="list-style-type: none"><li>• <b>Shower squeegee</b> – for removing water from tiles and glass surfaces.</li><li>• <b>Bucket</b> – useful for mopping floors and general cleaning.</li><li>• <b>Microfiber cloth set</b> – ideally, choose a set with cloths designed for the kitchen, bathroom, and windows/mirrors.</li><li>• <b>Cleaning sponge</b> – for tougher dirt and surfaces that can handle scrubbing.</li><li>• <b>Spray bottle</b> – perfect for filling with soapy water or a vinegar solution.</li></ul>
BRANDS	<ul style="list-style-type: none"><li>• <b>Ekotipset (Städtipset)</b> – eco-friendly cleaning sprays, green soap, etc. Available online or in stores like Clas Ohlson.</li><li>• <b>Grumme</b> – dish soap and green soap.</li><li>• <b>Grocery stores (e.g. ICA, Coop)</b> – often carry their own brands of baking soda, vinegar, dish soap, and green soap.</li><li>• <b>Yes</b> – popular brand of dish soap.</li></ul>
STORES	<ul style="list-style-type: none"><li>• <b>Biltema</b> – cleaning products and tools.</li><li>• <b>Clas Ohlson</b> – most of the products listed above, including selected items from Ekotipset.</li><li>• <b>Coop</b> – carries many of the mentioned products.</li><li>• <b>ICA</b> – carries many of the mentioned products.</li><li>• <b>Rusta</b> – has a wide range of home goods, including cleaning supplies.</li><li>• <b>ÖoB</b> – offers a broad selection of home and cleaning items.</li></ul>

# Eco Labels

Your choice of cleaning products makes a big difference.



## The Nordic Swan Ecolabel

The Nordic Swan (Svanen) and EU Ecolabel are the official environmental labels in the Nordic countries and the EU, respectively. In Sweden, the government has assigned Miljömärkning Sverige AB the overall responsibility for both ecolabels – the Nordic Swan and the EU Flower (EU Ecolabel).



## EU Ecolabel

EU Ecolabel, formerly known as the EU Flower, is Europe's equivalent to the Nordic Swan Ecolabel.

It is a Type 1 label, which means it is independent, based on a life cycle perspective, and developed with a holistic approach to environmental criteria.



Bra Miljöval

## Bra Miljöval (Good Environmental Choice)

Bra Miljöval is the environmental label developed by the Swedish Society for Nature Conservation (Naturskyddsföreningen) and was introduced in 1990. It is the only ecolabel in Sweden run by an environmental organization.

Today, the label is used across twelve different sectors, making it easier to identify products and services that have the least impact on the environment.



## Blue Angel (Der Blaue Engel)

Blue Angel is Germany's official ecolabel and the oldest environmental label in the world, established in 1978.

The criteria are developed by the German Environmental Agency, and like the Nordic Swan in Sweden, the label is state-run and voluntary.

YOUR GO-TO FOR

# ECO-FRIENDLY CLEANING

## MAKE YOUR OWN ALL-PURPOSE MIRACLE SPRAY

AN EFFECTIVE AND ECO-FRIENDLY CLEANING SPRAY THAT WORKS ON MIRRORS, WINDOWS, GLASS - AND ALSO ON FABRIC, METAL, AND WOOD.

### YOU'LL NEED:

- **VINEGAR 24% - 100 ML OR VINEGAR 12% - 200 ML**
- **DISH SOAP** - 5 DROPS
- **WATER** - 300-400 ML, DEPENDING ON THE TYPE OF VINEGAR
- **1 EMPTY SPRAY BOTTLE**
- **MICROFIBER CLOTH** - CHOOSE ONE SUITABLE FOR THE SURFACE YOU'RE CLEANING

### HOW TO MAKE IT:

- MIX WARM (NOT BOILING) VINEGAR WITH WATER DIRECTLY IN THE SPRAY BOTTLE.
- ADD 5 DROPS OF DISH SOAP.
- CLOSE THE SPRAY BOTTLE AND SHAKE GENTLY.

### HOW TO USE IT:

- **WINDOWS AND MIRRORS.**
- **OVEN AND OVEN DOOR** - COMBINE WITH BAKING SODA TO BREAK DOWN BURNT-ON STAINS
- **SHOWER AND TOILET** - GREAT AGAINST LIME SCALE (SPRAY GENEROUSLY, LET SIT, THEN WIPE OFF)



## DUST REPELLENT SPRAY

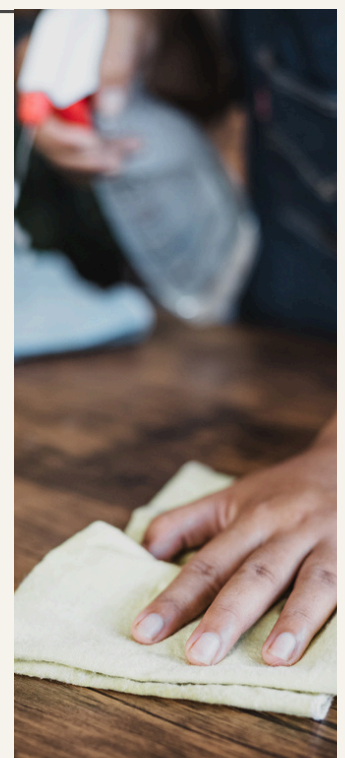
REMOVES DUST, ADDS SHINE, AND KEEPS SURFACES CLEANER FOR LONGER.

### YOU'LL NEED:

- **1 SPRAY BOTTLE** - WITH 400 ML OF WATER
- **OLIVE OIL** - A FEW DROPS
- **DISH SOAP OR GREEN SOAP** - 3-4 DROPS
- **ESSENTIAL OIL** - A FEW DROPS OFN(FOR A PLEASANT SCENT)
- **MICROFIBER CLOTH** - CHOOSE ONE SUITED TO THE SURFACE YOU'RE CLEANING

### HOW TO MAKE IT:

- ADD ALL INGREDIENTS TO THE SPRAY BOTTLE.
- SHAKE GENTLY TO COMBINE.
- SPRAY, WIPE - DONE!

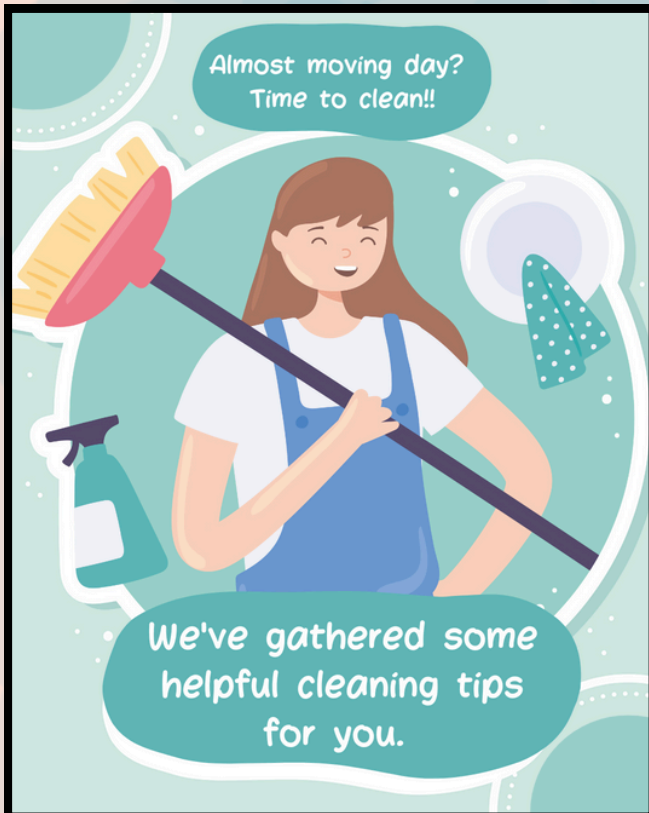




# Moving out?

## Here's how to clean the right way!

Simple steps to leave your room in great condition



NOTES