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10 Clever Uses for Hydrogen Peroxide

Is hydrogen peroxide a non-toxic weapon in your green cleaning arsenal? It should be!



Hydrogen peroxide is a non-toxic cleaner for many areas of your home.

When it's time to clean, have your trusty green cleaners at the ready — baking soda, vinegar, castile soap — plus another ultra-cheap gem: hydrogen peroxide. You can use it anywhere, and can't beat the price: A 16-oz. bottle only costs a buck.

Here are 10 ways you can use that ubiquitous brown bottle of 3% hydrogen peroxide to your home's advantage:

In Your Kitchen

1. Clean your cutting board and countertop.

Hydrogen peroxide bubbles away any nasties left after preparing meat or fish for dinner. Add hydrogen peroxide to an opaque spray bottle — exposure to light kills its effectiveness — and spray on your surfaces. Let everything bubble for a few minutes,

then scrub and rinse clean.

2. Wipe out your refrigerator and dishwasher.

Because it's non-toxic, hydrogen peroxide is great for cleaning places that store food and dishes. Just spray the appliance outside and in, let the solution sit for a few minutes, then wipe clean.

3. Clean your sponges. Soak them for 10 minutes in a 50/50 mixture of hydrogen peroxide and warm water in a shallow dish. Rinse the sponges thoroughly afterward.

4. Remove baked-on crud from pots and pans.

Combine hydrogen peroxide with enough baking soda to make a paste, then rub onto the dirty pan and let it sit for a while. Come back later with a scrubby sponge and some warm water, and the baked-on stains will lift right off.

In Your Bathroom

5. Whiten bathtub grout. If excess moisture has left your tub grout dingy, first dry the tub thoroughly, then spray it liberally with hydrogen peroxide. Let it sit — it may bubble slightly — for a little while, then come back and scrub the grout with an old toothbrush. You may have to repeat the process a few times, depending on how much mildew you have, but eventually your grout will be white again.

6. Clean the toilet bowl. Pour half a cup of hydrogen peroxide into the toilet bowl, let stand for 20 minutes, then scrub clean.

In Your Laundry

7. Remove stains from clothing, curtains, and tablecloths.

Hydrogen peroxide can be used as a pre-treatment for stains — just soak the stain for a little while in 3% hydrogen peroxide before tossing into the laundry. You can also add a cup of peroxide to a regular load of whites to boost brightness. It's a green alternative to bleach, and works just as well.

Anywhere in Your House

8. Brighten dingy floors. Combine half a cup of hydrogen peroxide with four litres of hot water, then go to town on your flooring. Because it's so mild, it's safe for any floor type, and there's no need to rinse.

9. Clean kids' toys and play areas. Hydrogen peroxide is a safe cleaner to use around kids, or anyone with respiratory problems, because it's not a lung irritant. Fill an opaque spray bottle with hydrogen peroxide and spray toys, toy boxes, doorknobs, and anything else your kids touch on a regular basis. You could also soak a rag in peroxide to make a wipe.

Outside

10. Help out your plants. To ward off fungus, add a little hydrogen peroxide to your spray bottle the next time you're spritzing plants. Use 1/2 cup of hydrogen peroxide added to four litres of water for your plants.

To find out more and get your home inspected call your local independent property inspector on **1800 17 88 22** or email info@ipi.net.au

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