

Sodium Bicarbonate Hints and Tips for use Around the Home

100% Sodium Bicarbonate powder NaHCO_3

Health and Safety.

Please keep out of reach of children. Users with sensitive skin should wear gloves. The product is biodegradable and safe for use with septic tanks.

For cleaning purposes only, do not ingest.

Contact with skin: Wash off with clean water.

Contact with eyes: Avoid contact with eyes. Rinse with clean water. If irritation persists seek medical attention.

Store in a cool, dry place.

Useful Hints and Tips

In the Kitchen

Use a water and Bicarb paste to clean worktops as an alternative to sprays and cream cleaners. If you have plastic or melamine countertops please check that they don't scratch, as Bicarb is highly abrasive.

To clean your oven effectively; use a mix of $\frac{1}{2}$ cup of salt, $\frac{1}{2}$ cup of Bicarb, $\frac{1}{4}$ cup of household Borax and enough warm water to make a paste. Apply the mixture liberally to all areas of the oven and leave for an hour. Wipe down with a damp cloth. You could soak the cloth in a dilution of white vinegar or lemon juice for extra effectiveness. Wipe down once more with a clean, damp cloth.

For occasions when there has been a spillage in the oven and the substance or stain is not too baked on, sprinkle Bicarb liberally to the affected area and leave for half an hour. Wipe off with a damp cloth.

Stop steel wool scourers from rusting by storing them in a container with Bicarb. Ditto washcloths, this will prevent them smelling.

Remove lime scale stains around taps and sinks by combining Bicarb with white vinegar and scrubbing. A Bicarb and toothpaste mix can also work.

Use a couple of tablespoons in your coffee machine and run it to reduce nasty smells and tastes.

Run your dishwasher with a couple of tablespoons of Bicarb to remove gunge and smells.

Remove smells on wooden chopping boards by using a thick paste of Bicarb and water, and a bit of scrubbing!

Run a food processor with water and Bicarb in it to clean it.

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Remove tannin stains from teapots, mugs, and cups with a paste of Bicarb and a cloth. Leave a solution to soak in teapot or mug, then use a paste of Bicarb and water to scrub.

Leaving open containers of Bicarb in areas susceptible to damp should mollify the situation to an extent, especially small spaces like under the kitchen sink.

Don't use on aluminium, or aluminium pots and pans as this will remove the thin oxide layer that protects the metal. It can also degrade the coating on non-stick (Teflon) pots and pans due to its abrasive qualities.

Mix equal amounts of Bicarb with sugar to use as a pesticide on ants and cockroaches. Leave it out for them to find and they will consume both the sugar and Bicarb, which should prove fatal, unfortunately for them!

Leave an open container of Bicarb in the fridge to absorb nasty odours. Replace every 3-6 months to keep it effective.

Around the House

To unblock, or de-odourise drains and sinks by pour $\frac{1}{2}$ cup of Bicarb down them, followed by $\frac{1}{2}$ cup of white vinegar. Leave it for an hour then pour down $\frac{1}{2}$ cup of salt and 5 or 6 cups of boiling water.

To remove rust spots from your iron use a Bicarb and white vinegar paste to scrub the surface then rinse with soapy water and dry off with a towel. Alternatively use a Bicarb and lemon juice paste instead. This will work on rust stains on metal elsewhere too, not just your iron, although it is not to be recommended for use on a car or motorbike.

Bleach clothes whiter with lemon juice and Bicarb in the washing machine. A cup of each along with your normal detergent, hang outside in the sun for extra effectiveness.

Using Bicarb in the washing machine along with your normal detergent (About half a cup) should reduce damp odours.

Soak terry nappies in a Bicarb solution before or after washing to reduce odours. To remove stains, add a cup of white vinegar too.

Remove stains and scuffs from training shoes with a toothpaste and Bicarb paste.

Remove perspiration Stains from clothes, guess what? Vinegar and Bicarb solution. Make a solution with white vinegar, water and Bicarb. Leave the item(s) to soak overnight and wash as normal the next day. Check for colour fastness. Don't use on dark colours for this reason.

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Wooden drawers – stop items stored within from developing a woody smell, try sprinkling a little in the bottom of the drawer and place paper over the top. Or merely place a Bicarb-filled container in the drawer with the items.

Powder your cat or dog with Bicarb and brush it in to remove petty odours. The small amount of spillage of soda will not harm them or children. Use 3-4 cups in a dog's bath to soften their fur and keep them fresh for longer. Rinse well!

Use Bicarb in the bottom of ashtrays to reduce the associated odour.

Polish your brass with a paste made from two tablespoons of flour, one tablespoon of salt, one tablespoon of Bicarb, and enough white vinegar to make a thick paste. Rub this on and with a soft cloth, leave it to dry and buff off for a new shine.

Put Bicarb into your shoes to freshen them. Make sure you pour it out before you put them on though!