

# Shopping List





## Essential Ingredients (bulk size)

These are your cleaning besties! If you're going to buy anything, make it these.  
And **in bulk sizes**, because you'll use them A LOT.

ESSENTIAL Ingredients	Easily find <b>THIS SIZE</b> in the supermarket?		Click to buy on Amazon
<b>Baking Soda</b> (Everyday scrub & deodorizer)	Gallon / <b>No</b>		<a href="#"><u>\$25.99</u></a>
<b>Distilled White Vinegar</b> (Everyday clean/disinfect)	Gallon / <b>Yes</b>		<a href="#"><u>\$5.49</u></a>
<b>Liquid Castile Soap **</b> (Dishes, laundry, floors, tiles)	Gallon / <b>No</b>		<a href="#"><u>\$49.95</u></a>
<b>**</b> The harvesting of palm oil often leads to the devastation of rainforests and slaughtering of the orangutan who live there. <b>Please aim for a Castile soap that is free from palm oil or uses ethically harvested palm oil.</b>			

## Optional Ingredients





If **your home is full of wood**, you may want the olive oil. Or if you **battle mold**, maybe a larger bottle of peroxide. Otherwise, you can easily do without these.

OPTIONAL Ingredients	Easily to find in the supermarket?		Click to buy on Amazon
<b>Hydrogen Peroxide</b> (mold killer)	Small Bottle / <b>Yes</b>		<a href="#"><u>\$5.98</u></a>
<b>Corn Starch</b> (glass cleaner)	Small bag / <b>Yes</b>		<a href="#"><u>\$10.00</u></a>
<b>Olive Oil</b> (wood conditioner)	32oz or more / <b>Yes</b>		<a href="#"><u>\$16.87</u></a>
<b>Witch Hazel</b> (freshening sprays)	Small bottle / <b>Yes</b>		<a href="#"><u>\$11.95</u></a>



## Laundry Ingredients (optional)







You'll love washing with soapnuts & softening with wool dryer balls. But we'll also do both using the 'essentials' (above). So if you're on a tight budget you might hold off on these for now.

LAUNDRY Ingredients 	Easily find in the supermarket?	Click to buy on Amazon
 <b>Oxygen Bleach</b> <i>(Chlorine-free whitener)</i>	<b>Yes</b>	<a href="#"><u>\$16.91</u></a>
 <b>Soap Nuts</b> <i>(Replaces several bottles of detergent)</i>	<b>No</b>	<a href="#"><u>\$16.95</u></a>
 <b>Wool Dryer Balls (6-pack)</b> <i>(Replaces 2000+ dryer sheets)</i>	<b>No</b>	<a href="#"><u>\$23.95</u></a>

## Supplies (optional)

You'll likely have most of these already... or can go without.

**Do not reuse spray bottles from your old commercial cleaners, as this can be dangerous.**

SUPPLIES	Notes	Click to buy on Amazon
 <b>Spray Bottles</b> <i>(8pk with 4 sizes)</i>	These are glass, but you can easily find plastic at the dollar store.	<a href="#"><u>\$18.99</u></a>
 <b>Mason Jars (6pk)</b>	Don't buy these. Reuse empty tomato sauce & olive jars instead.	<a href="#"><u>\$16.99</u></a>
 <b>Funnels</b>	Go funnel-free, if you don't mind a small mess - just pour your ingredients over the sink.	<a href="#"><u>\$8.99</u></a>
 <b>Cleaning Rags</b>	Skip these & cut up an old towel or old t-shirts instead.	<a href="#"><u>\$19.95</u></a>
 <b>Scrub Pads</b>	Easily use whatever you've already got at home. (These are made from walnut shells, yet are non-scratch.)	<a href="#"><u>\$6.87</u></a>
 <b>Bucket</b>	Honestly, it works just as well to plug the drain, fill the sink with water & add your vinegar or castile soap.	<a href="#"><u>\$10.43</u></a>



## Essential Oils (optional)

If you want to use EOs in your cleaning & laundry products, maybe start with just one or two of your favorite scents. If it helps to choose, I love **clove** or **peppermint** to freshen the air in my home and I tend to use **lavender** the most in my DIY cleaning products.



Essential Oil	Dis-infects	Cuts grease	Freshens / Purifies	1 oz
Bergamot	✨	🍊		<u><a href="#">\$28.95</a></u>
Clove	✨		🌿	<u><a href="#">\$19.95</a></u>
Eucalyptus	✨		🌿	<u><a href="#">\$12.95</a></u>
Frankincense	✨			<u><a href="#">\$34.95</a></u>
Grapefruit	✨	🍊	🌿	<u><a href="#">\$26.95</a></u>
Lavender	✨		🌿	<u><a href="#">\$16.95</a></u>
Lemon	✨	🍊	🌿	<u><a href="#">\$19.95</a></u>
Lemongrass	✨		🌿	<u><a href="#">\$14.95</a></u>
Lime	✨	🍊	🌿	<u><a href="#">\$10.95</a></u>
Orange		🍊	🌿	<u><a href="#">\$9.95</a></u>
Oregano	✨		🌿	<u><a href="#">\$21.95</a></u>
Peppermint	✨		🌿	<u><a href="#">\$13.95</a></u>
Rosemary	✨		🌿	<u><a href="#">\$14.95</a></u>
Sage			🌿	<u><a href="#">\$22.95</a></u>
Tea Tree	✨		🌿	<u><a href="#">\$14.95</a></u>
Thyme	✨		🌿	<u><a href="#">\$19.95</a></u>

I use EOs in my DIY cleaners & room sprays, but they are completely optional  
 ...and **not appropriate for those who have become sensitive to them.**  
*(We'll talk about why that happens and how to choose & use EOs safely.)*