



CleaningMatters

Tips and Trends from the American Cleaning Institute®

July/August 2011

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Calendar of Clean

July is ...

- **National Picnic Month**
(See Send Summer Soils Packing)
- **National Recreation and Parks Month**
(See Send Summer Soils Packing, Ask Nancy!)
- **Family Reunion Month**
(See Send Summer Soils Packing)
- **Independence Day: July 4**
- **Teddy Bear Picnic Day: July 10**
(see Ask Nancy!/Tell Nancy!)

August is ...

- **Back to School Month**
(See ACI: Supporting Good Health and Hygiene in our Schools and Communities)
- **Golf Month** (See Send Summer Soils Packing)
- **National Watermelon Day: August 3**
(See Clean Ideas)
- **S'Mores Day: August 10**
(See Clean Ideas)
- **National Garage Sale Day: August 13**
(See Getting Garage-Sale Ready)

Send Summer Soils Packing

Quick Ways to Keep Soils under Control

Summer is a time when everyone just wants to kick back and relax. So, while taking care of soil and grime “in the moment” may seem a bit contrary to how you want to approach summer, in fact, fast attention to the grime gremlins can be a real time-saver.

Grill Grime: Always check the owner’s manual to learn more about cleaning your grill. A warm grill is far easier to clean than a cold one. So, once you’re finished cooking, let it cool until slightly warm. Then take a small wire brush and scrape off any food particles that remain on the cooking grates. If there is still gunk on the grates and they are removable and your sink is large enough, soak them in warm water with soap. After they’ve soaked for a while, remove them from the water and brush clean with a wire brush. Let them air-dry and return them to the grill.

Pool Toys: While the chlorine in the pool may do a good job of keeping toys clean, a build-up of algae and mold can develop simply from being in a wet, damp environment. Make a solution of $\frac{3}{4}$ cup of chlorine bleach to one gallon of water and scrub the toys. Because the bleach solution can damage your lawn, work on a concrete surface. Wear old clothes to avoid bleach damage on your garments, and rubber gloves to protect your hands. Goggles or sunglasses are a good idea so there’s no chance of splashing bleach solution in your eyes. Once the toys have been cleaned, leave them wet for 5 minutes, then rinse the toys and hose down the work area. Place the smaller clean toys in a mesh bag and hang the bag and the larger toys on your clothesline or fence to air dry.



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Send Summer Soils Packing (cont.)

Quick Ways to Keep Soils under Control

Outdoor Cushions: Although fabrics designed for outdoor use are generally soil-and stain-repellent, this doesn't mean they are 100% impervious to spots and spills. Since treatment is dependent upon the fiber content of your cushions, check the care label and, if necessary, contact the manufacturer. Many manufacturers of outdoor fabrics have information on their websites about how to properly care for their fabrics. If you have a few minutes on a rainy day, you might just go ahead and download this information so you'll have it on hand when you need it.

Sandy Beach Chairs: The hose is ultimately your best friend. Even if it's possible to brush off most of the sand, little particles are often left behind. So, give the chair a good brushing or a vigorous shake and then hose it down. You can wipe it dry with a soft cloth or—even easier—leave it outside to dry. Make sure it is thoroughly dry before putting it away so there's no chance of mold or rust vacationing on your chair.

Suntan Lotion: Suntan lotion can get on clothes, bathing suits, canvas beach chairs, poolside cushions.

If the item can be laundered, treat it with a prewash stain remover and then launder with the hottest water that's safe for the fabric. If it can't be laundered, check the manufacturer's care instructions for the fabric.

Bathing Suits: While it's tempting to simply hang bathing suits out to dry because they will just be used again, left-in chlorine and suntan lotion can cause the fabric and the elastic to deteriorate before their time. Minimal care is to thoroughly rinse them before hanging them out to dry; laundering is preferable. Check the swimsuit's care label for laundering instructions.

Common Food Stains: Whether it's a backyard barbecue, a picnic on the beach, a family reunion or a party on the patio, some foods are recurrent visitors on the summer menu. Many are eat-with-your-hands fare, which compounds the opportunities for food stains. Nancy Bock, Vice President of Consumer Education at the American Cleaning Institute®, offers some tips on how to trip the more common culprits. Check out the tips at http://www.cleaninginstitute.org/clean_living/cm_julyaug2010_clean_ideas.aspx

Getting Garage-Sale Ready

How to Make the Most of Selling Off Your Clutter

August 13 is National Garage Sale Day. So, if you've been looking for an excuse to mobilize your family to clean out the garage, the basement, the attic, here it is! A garage sale or a tag sale is a great way to get rid of unwanted stuff, and with summer more than halfway over, you probably have a very clear idea of the garden tools, summer toys, lawn chairs and the like that you are really never going to use any more.

Before you begin, here are a few suggestions, courtesy of Nancy Bock, Vice President of Consumer Education at the American Cleaning Institute®.

- Check the regulations in your area for having a garage sale. In some areas, you may need to purchase a permit and there may be restrictions on where you can post signs and distribute flyers.

- Explore other ways to promote your sale. Possibilities include posting flyers on bulletins boards in supermarkets and similar venues; advertising in venues like the local newspaper (online and print editions) and on craigslist; and promoting it at online sites like garagesalefinder.com, where you can advertise for free.
- Dust off, hose off or wash the items that you plan to sell. Clean items are much more appealing to prospective buyers.
- Go through the pockets of anything that you plan to sell so you don't unwittingly sell a "bonus."
- People love multifamily or block garage sales, so see if you can rally friends and neighbors to join in.
- A small "free" box for children will keep them busy while their parents do some real shopping.



 NewsFlash

2011 Healthy Schools, Healthy People National Award Recipients

Students Honored for Their Leadership on Cleaning, Hygiene and Health

Taylor Schettler and Siera Steiner, Family, Career and Community Leaders of America (FCCLA) seventh graders from Fulda High School (Fulda, Minnesota) were concerned with all the consequences of a sick student body and these students thought teaching handwashing only in Kindergarten was probably not enough. Using resources from ACI and the Mayo Clinic they planned and conducted lessons for their elementary school students. They created a lesson for K-3 which included reading a story and coloring contest. They also created a short play for the upper grades. All grades signed a pledge sheet and got to practice handwashing and use a black light to see germs left.



Siera Steiner, Taylor Schettler and Mrs Elder from Fulda High School (Fulda, Minnesota) are the recipients of the 2011 Healthy Schools, Healthy People, It's a SNAP National Award.

Upcoming Conference

NEAFCS Conference – Preconference Workshop, September 26. (Albuquerque, NM)

Facebook

Continue the conversation ...<http://www.facebook.com/AmericanCleaningInstitute>.

Video

“For Better Living,” an informative digital presentation from the American Cleaning Institute® (ACI) communicates how the cleaning-products industry contributes to better living for consumers and how ACI member companies make positive contributions to society.

The 30-minute video, which features 20 ACI member companies, is available online at http://www.cleaninginstitute.org/for_better_living/.

This project earned Fulda High School the 2011 Healthy Schools, Healthy People National Award. The award package included an all-expense paid trip to Washington, DC, an awards ceremony, meetings with Representative Walz, Senator Franken and Senator Klobuchar and a special letter of congratulations from Vincent Gray, Mayor of the District of Columbia. While the award recipients were in town, they also toured Capitol Hill, the National Zoo and many monuments. In July, the Fulda Chapter was recognized during the opening general session at the FCCLA National Leadership Meeting in front of 6,500 students and teachers and were presented with a check for \$5,000, courtesy of ACI members **Arylessence, Inc., Colgate-Palmolive Company, Ecolab Inc., GOJO Industries, Inc., and Henkel Consumer Goods Inc.** Additionally, Fulda High School will receive hygiene and cleaning product donations, thanks to Colgate-Palmolive Company, **Georgia-Pacific Professional, GOJO Industries, Inc., Henkel Consumer Goods Inc. and Water Journey Ltd.**

For additional information about the program and the year’s award recipients, as well as information about the 2012 award, visit http://www.cleaninginstitute.org/clean_living/custodians.aspx.

ACI: Supporting Good Health and Hygiene in our Schools and Communities

Ways to Draw on ACI Activities and Resources for Classroom Help

The American Cleaning Institute® (ACI) has a wide range of programs, campaigns, activities and resources that help bring the concept of sustainability alive in your classroom. So, if you're looking for some great ideas to raise your visibility and earn recognition for the work that you do - here's where to start.

Healthy Schools, Healthy People – It's a SNAP is an innovative, self-directed handwashing program, intended for educational purposes and is now open to all public/private K-12 schools in states, territories and tribes within the US. The program allows you to easily integrate handwashing activities into your curriculum and allows your students to create fun handwashing awareness projects that could improve student and staff health and earn national recognition. The program is a joint effort between the Centers for Disease Control and Prevention and ACI. For more details, visit <http://www.itsasnap.org>. The deadline for applications for the 2012 national recognition is December 1, 2011.

The C.L.E.A.N.® (Custodial Leaders for Environmental Advocacy Nationwide) Award is a joint initiative of ACI and the National Education Association/NEA Health Information Network. The goal of this program is to recognize the contributions that custodians make to public health in their schools, communities and their profession. For more details, visit http://www.cleaninginstitute.org/clean_living/custodians.aspx. The deadline for applications for the 2012 award is December 1, 2011.

Clean Homes ... Safe and Healthy Families Award is an annual award that honors members of the National Extension Association of Family and Consumer Sciences (NEAFCS) for innovative educational programs that utilize any ACI educational materials (including those concerned with home safety and disaster preparedness) to help families and individuals understand the link between clean and safe homes and good health. For more information, visit <http://www.neafcs.org/content.asp?pageID=3>.

Get a Grip on Handwashing is a resource which was developed by ACI in conjunction with the American Society for Microbiology. It is part of the ACI's initiative to educate consumers of all ages that proper handwashing is the most important line of defense against the spread of disease. To download a copy of the brochure, visit <http://www.cleaninginstitute.org/assets/1/AssetManager/GetAGrip.pdf>.

For additional information about the program and the year's award recipients, as well as information about the 2012 award, visit http://www.cleaninginstitute.org/clean_living/custodians.aspx.

Fighting Germs

How Antibacterial Soaps Contribute to Healthy Living

Antibacterial ingredients are materials that kill or inhibit a broad range of bacteria. They are an important ingredient in many hand hygiene products that provides an extra measure of protection for both consumers at home and doctors and nurses in hospitals seeking to prevent the spread of germs.

Depending on the formulation, hand hygiene products with antibacterial ingredients kill or inhibit the growth of bacteria that cause skin infections, intestinal illnesses or other commonly transmitted diseases. These include potentially fatal illnesses caused by bacteria such as salmonella and E. coli. These products are regulated by the Food and Drug Administration as Over-the-Counter (OTC) drugs and have to be shown to be safe and effective for their intended use.

Although there have been dissenting opinions about the safety of antibacterial ingredients, the American Cleaning Institute® reports that this issue has been assessed by a number of authoritative bodies.

The Cosmetic Ingredient Review Expert Panel has conducted safety assessments of the most frequently used antibacterial ingredients used in personal care products, and have found them to be safe. In addition, the FDA has considered the safety of antibacterial ingredients as they are used in foods, drugs, cosmetics and other products that they regulate, and has found no reason to dissuade consumers from using these products.

You may have read some articles claiming that these products might result in antibiotic resistance. To date, however, there is no convincing evidence that products containing antibacterial ingredients cause increased resistance to antibiotics. Moreover, other jurisdictions, such as the European Union, Japan and Canada, have assessed the safety of antibacterial ingredients and found no basis for consumers to stop using products containing these ingredients.

For detailed information on the safety and benefits of antibacterial products, visit www.fightgermsnow.com.

Behind The Label: Labeling For Hazardous Household Substances

The Latest Labeling Requirements from the U.S. Consumer Product Safety Commission

Have you ever wondered about the cautionary labels that appear on cleaning products? And why they are worded the way they are?

The Federal Hazardous Substances Act (FHSA) requires that certain hazardous household products bear cautionary labeling to alert consumers to the potential hazards that those products may present, as well as information that might be needed to protect one self from those hazards.

This labeling requirement pertains to any product that is toxic, corrosive, flammable or combustible, an irritant, a strong sensitizer, is flammable or combustible, or that generates pressure through decomposition, heat or other means. In addition, if the product may cause substantial personal injury or substantial illness during or as a proximate result of any customary or reasonable foreseeable handling or use, including reasonable foreseeable ingestion by children, the product is also required to have cautionary labeling.

The labeling must include warning(s) about the principal hazard(s) associated with the product so that the consumer can use and store the product safely at home. A determination that a product is toxic is based on the results of animal tests or on human experience. The regulation defines the test methodology to be used to make the determinations.

It is the responsibility of a manufacturer or importer of a product to determine whether its product meets the definition of a hazardous substance and, if so, to fulfill its obligations under the FHSA. The FHSA gives the Consumer Products Safety Commission the authority to ban a hazardous substance if it determines that the

product is so hazardous that the cautionary labeling required by the act is inadequate to protect the public.

Consumers need to pay attention to the cautionary information that can be found on cleaning product labels.. Nancy Bock, Vice President of Consumer Education at the American Cleaning Institute®, reminds consumers to:

- **Read and follow the product-label directions.** Pay attention to products whose labels include the words “Caution,” “Warning,” “Danger” or “Poison.”
- **Discard empty cleaning-supply containers, including detergent containers.** Do not use them for storage of any other materials, particularly those intended for human consumption.
- **Keep all household products in their original packages.** Packaging includes useful first-aid information in the event of accidental exposure or ingestion. If you purchase these products in bulk quantities, buy a smaller size of the same product and refill this container, as needed.
- **Use child-resistant packaging properly by closing the container securely after each use.** Remember, however, that this type of packaging is “child-resistant,” not “child-proof.” It is not a substitute for keeping products securely out of reach of young children.

Additional information about the Federal Hazardous Substances Act can be found at <http://www.cpsc.gov/businfo/fhsa.html>

Learn more about the Consumer Products Safety Commission at www.cpsc.gov

 Ask Nancy

Tell Nancy



Remember when you were in school and Show-and-Tell was a favorite classroom activity? Well, that's just what we'd like to do with this section of *Cleaning Matters*®. We'd love to hear more from our readers! Write something on our [Facebook](#) wall, direct message us on [Twitter](#), text us or send us an [email](#) with your cleaning crisis or dirty dilemma.

Q: My daughter just got over a bad summer cold. Her favorite teddy bear was her constant companion. What's the best way clean him – and her other stuffed animals?

A: The first step is to check the tag to make sure Teddy (or any other stuffed animal) is washable. If so, put him in a mesh laundry bag or a pillowcase that is twisted tightly at the top and secured with a rubber band or an elastic hair tie. Launder on the delicate cycle, using cold water and a regular detergent. Put Teddy, still in the pillowcase, in the dryer on a low setting.

Note that Teddy Bear Picnic Day – a popular children's holiday in Canada, Europe and Australia that is gaining interest here in the United States – is observed every year on July 10. If the members of your child's family of stuffed animals are overdue for a cleaning, getting them party-ready might be the perfect excuse for giving them a "bath."

Q: My summer resolution was to make sure my kids get plenty of outdoor exercise. In addition to limiting their indoor activities, as a family, we've been doing lots of weekend picnicking and hiking. The downside is that our clothes are full of grass, dirt and sweat stains. How do I get rid of them?

A: For grass stains, pretreat the stains with a prewash stain remover or rub liquid laundry detergent into the stains. Launder, using the hottest water that's safe for the fabric, and chlorine bleach, if safe for the fabric. For dirt stains, brush off as much residue as possible. (If the dirt is actually mud, let the mud dry completely before brushing it off.) Then follow the same procedures as for grass stains.

For sweat stains, check first to see if the stain has changed the color of the fabric. If that has happened, apply ammonia to fresh stains or white vinegar to old ones. Let it sit for a few minutes and then rinse thoroughly. Pretreat the stains with a prewash stain remover or rub liquid laundry detergent into the stains. Launder, using the hottest water that's safe for the fabric, and chlorine or oxygen bleach. Check the care label to determine the preferred bleach.

Nancy Bock is Vice President of Consumer Education at the American Cleaning Institute®

Clean Ideas Going Beyond Green While Getting Clean

Laundry Tips That Promote Sustainability

Sustainable laundry practices are good for the environment ... and good for your budget. While it may be easy to find green products, going beyond green is about more than choosing a green product. It's about proper use, dosage and recycling. Follow these simple tips and make a commitment to go beyond green in your laundry room!

1. Make proper use of your washing machine's capacity. Washing one load will take less energy than washing two smaller loads. To get a feel for proper load size, check your machine's load capacity, and then weigh out a few loads of laundry to get a sense of how much volume 10 or 18 or 20 pounds represents. Based on this, use your eye to judge the volume for future loads.
2. If your hot-water supply is limited, start with the hot-water wash load, then follow with warm, then cold.
3. Use cold water for the rinse cycle.
4. Pay attention to water levels and select the right amount of water for each load of laundry. Avoid over-filling your washing machine to save water and energy.
5. Follow garment care instructions to select the right water temperature. Select a lower water temperature when possible.
6. Presoaking heavily soiled clothes may mean that a cooler wash temperature can be used.
7. Treat stains promptly so no extra laundry cycles are required.
8. Use the recommended amount of detergent, bleach and fabric softener. It will give you top performance and can help you save money and a small piece of the Earth.
9. Concentrated laundry products save packaging and transportation energy costs. Do your part by disposing empty laundry product containers at your local recycling facility.
10. The two biggest energy uses when doing laundry come from heating the water and drying the load. Always follow fabric care labels and instructions: wash with the coldest water possible and spin at the highest recommended speed to remove water.
11. When drying clothes, put similar types/weights together. Lightweight synthetics, for example, dry much more quickly than bath towels and natural-fiber clothes.
12. Don't over dry clothes. Too much heat, too often, can help wear them out before their time. If you take the clothes out while they are still slightly damp, it can reduce the need for ironing – another energy saver.
13. To conserve energy and save money, consider using a clothesline to dry your laundry outdoors, instead of using your gas or electric dryer.
14. Clean the dryer's lint filter after each use. A clogged filter will restrict flow and reduce dryer performance.

Download the free tip-sheet, "Going Beyond Green: Laundry Know How for Consumers," and share with your friends and family. Tell us your ideas about how you are going beyond green in your laundry room on our [Facebook](#) page!