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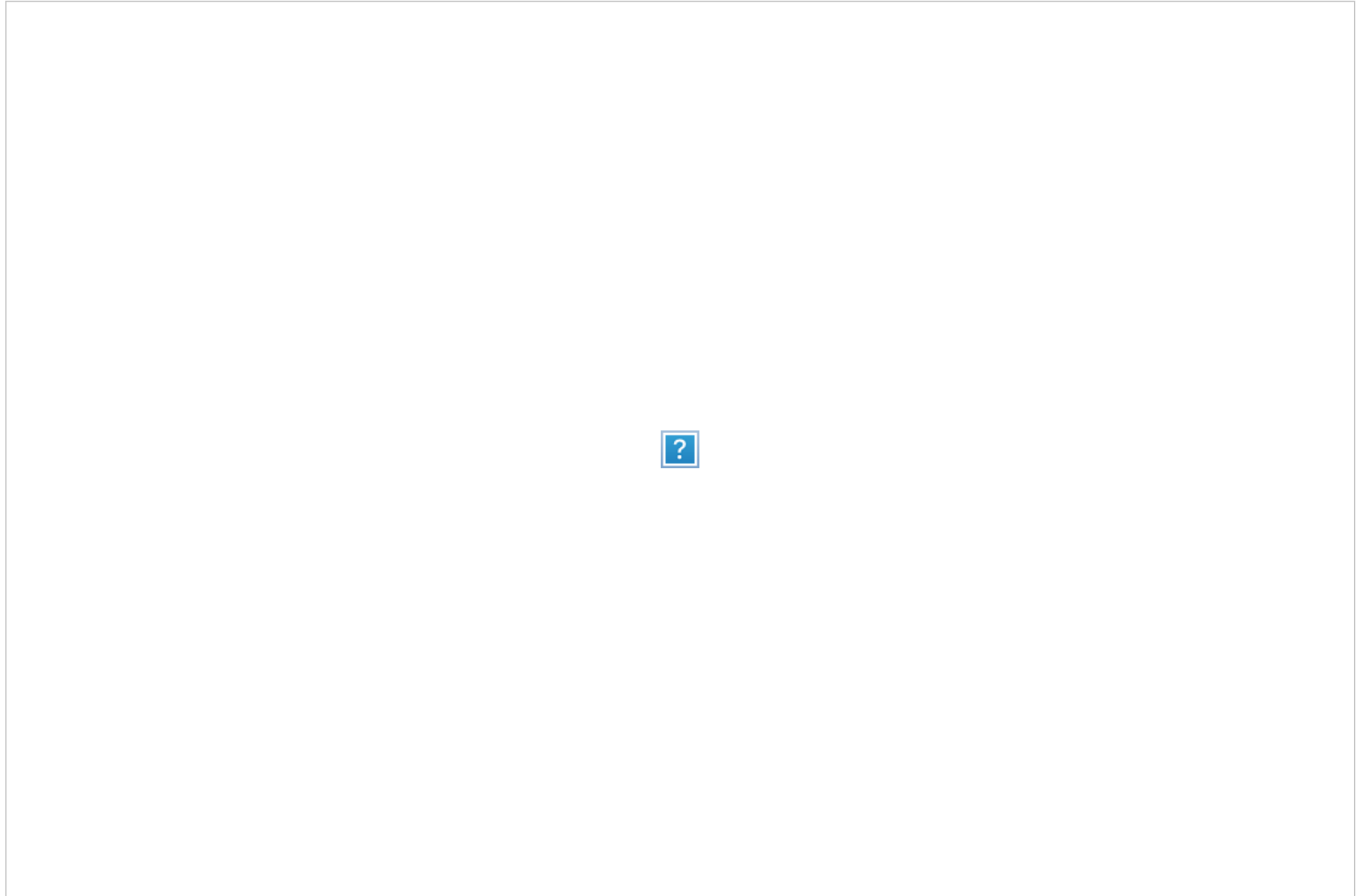


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Natural Recipes for Oven Cleaner

Ovens are hard to clean because of burnt food, grease, and gunk. Store bought oven cleaner's cleaning power comes from toxic chemicals that are harmful to your health. Our all natural oven cleaner recipes clean messy ovens without toxic fumes. Check out our [homemade green cleaning recipes](#) for other natural kitchen cleaning recipes.



Quick Facts: Health Hazards of Common Oven Cleaners

- **Petroleum distillates (naphtha):** Common in oven cleaners, naphtha will cause eye clouding, eye and skin irritation with short-term exposure, as well as nervous system, kidney and liver damage with prolonged exposure.
- **Sodium hydroxide (lye, caustic soda, soda lye, ascarit):** This chemical causes skin and eye burn; inhibits reflexes; and can cause severe tissue damage when swallowed.

DIY Green Cleaning Recipes for Oven Cleaner

1. **Baking soda, castile soap, and vinegar oven cleaner:** Combine one tablespoon of liquid castile soap, 1 ½ cups baking soda, ¼ cup white vinegar, and enough water to form a pourable paste. Pour the paste into your oven and spread it with a sponge or paint brush. Let sit for 6 hours, and then scrub with a sponge, rinsing your sponge as needed.
2. **Salt, borax, vinegar, and baking soda oven cleaner:** Combine 1/2 cup salt, 1/4 cup borax, 1 box (16 oz.) baking soda, 1 cup water, 3/4 cup white vinegar. Spread the mixture onto your oven, let sit for at least 1 hour, and then scrub with a damp sponge, rinsing as needed.
3. **Lemon and salt oven cleaner:** Heat oven for a few minutes at a low temperature and then allow it to cool completely. Combine equal parts salt and lemon juice. Spread onto oven and scrub with steel wool; remove loosened grease and grime with a damp sponge.
4. **Baking soda and water:** Fill a spray bottle with water and use it to dampen the inside of your oven. Immediately after, sprinkle baking soda on until the whole oven is covered. Use the spray bottle to moisten all of the baking soda, and then let it sit for several hours. Remove with a damp sponge, rinsing as necessary.

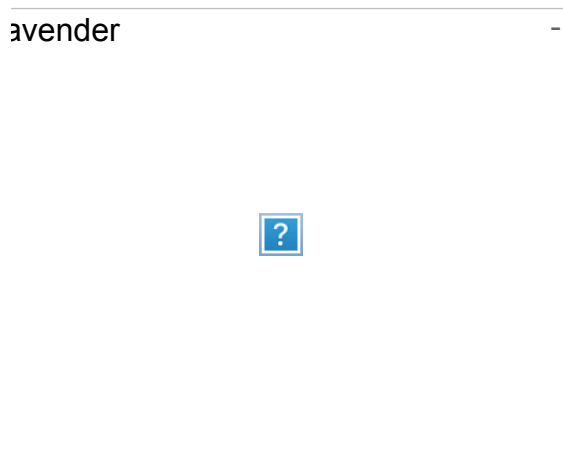
Dig Deeper: Chemicals in Typical Oven Cleaners

- Petroleum distillates: [Healthy Child Healthy World](#).
- Sodium hydroxide: [National Institutes of Health](#).

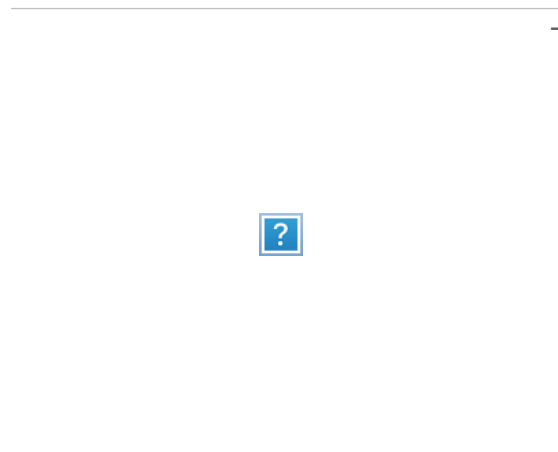
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