



ARM & HAMMER® BAKING SODA

20 Tips for Sprucing Up Your Home, Backyard and Body this Spring

FOR YOUR HOME

Food Safe Surface Cleaning

Don't season with chemicals. Clean your food prep area with natural, food safe ARM & HAMMER Baking Soda instead of harsh cleaners. Sprinkle ARM & HAMMER Baking Soda onto a clean damp sponge or cloth and wipe clean, rinse thoroughly, and then dry. Great for counters, stainless steel sinks, cutting boards, microwaves, lunch boxes, oven tops, range hoods and more!

Deodorizing Fridges and Freezers

Fresh is best! To help keep foods tasting like they should, replace your ARM & HAMMER Baking Soda once a month. Baking Soda absorbs the odors that can make other foods (even ice cubes!) taste funky.

Hand Washing Dishes and Pots & Pans

Give yourself a hand! Add two heaping tablespoons ARM & HAMMER Baking Soda (along with your regular dish detergent) to the dish water to help cut grease and foods left on dishes, pots and pans. For cooked-on foods, let them soak in the ARM & HAMMER Baking Soda/detergent water first, then use dry ARM & HAMMER Baking Soda on a clean damp sponge or cloth as a scratchless scouring powder!

Deodorize Drains and Garbage Disposals

What goes down sometimes comes back up. To deodorize your drains and disposal, and keep lingering odors from resurfacing, pour ARM & HAMMER Baking Soda down the drain while running warm tap water. Baking Soda will neutralize both acid and basic odors for a fresh drain.

Polish Silver Flatware

ARM & HAMMER Baking Soda can shine all your silver in no time at all! Use a Baking Soda paste made with three parts ARM & HAMMER Baking Soda to one part water. Rub onto the silver with a clean cloth or sponge. Rinse thoroughly and dry for shining sterling and silver-plate serving pieces.

Upholstery and Carpet Spills

Clean spills or accidents on upholstery by soaking up as much of the liquid as possible. Clean the stain according to the manufacturer's directions and allow to dry. Then to deodorize, when the area is completely dry, sprinkle with ARM & HAMMER Baking Soda and let sit for 15 minutes before vacuuming it up. Check for color-fastness first before applying ARM & HAMMER Baking Soda.

Cleaning Baby Toys

Don't toy around with harsh cleaners. Clean and deodorize baby toys safely and effectively using 4 tablespoons of ARM & HAMMER Baking Soda dissolved in 1 quart of warm water. Wash toys with a clean damp sponge or cloth, rinse and dry.

Cleaning Door and Window Screens

There is nothing like a cool breeze floating through your home. Before installing those door and window screens you've been storing all winter, give them a quick scrub. Dip a damp wire brush into baking soda and scrub screens clean. Rinse with a sponge or hose.

Clean Bathroom Floors

Baking soda helps remove the dirt and grime from a bathroom tile or no-wax floor quickly and easily. Mix ½ cup of ARM & HAMMER Baking Soda in a bucket of warm water, mop and rinse clean for a sparkling floor.

Shower Curtains

Clean and deodorize your vinyl shower curtain by sprinkling ARM & HAMMER Baking Soda directly on a clean damp sponge or brush. Scrub the shower curtain and rinse clean. Hang it up to dry.



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FOR OUTSIDE AND IN YOUR BACKYARD

Clean Lawn Furniture

Get ready for your outdoor oasis. Before you pull out your outdoor patio and pool furniture for the season, give it a thorough cleaning with ARM & HAMMER Baking Soda. And don't forget to keep outdoor furniture fresh in the off-season too...just sprinkle underneath cushions or inside the storage bag.

Clean and Freshen the Car

Hit the road with baking soda! Use it to safely clean your car lights, chrome, windows, tires, vinyl seats, floor mats and ash trays without worrying about unwanted scratch marks. Use a baking soda solution of ¼ cup baking soda in 1 quart of warm water. Apply with a sponge or soft cloth to remove road grime, tree sap, bugs and tar. For stubborn stains use baking soda sprinkled on a damp sponge or soft brush.

Clean Grills

Grill grime is no picnic, so get ready for your next barbecue by sprinkling dry baking soda on a damp brush, scrub and rinse clean. For tough, greasy stains, scrub with a wire brush and baking soda paste (3 parts baking soda to 1 part warm water).

Camping Necessity

Baking soda is a must-have for your next camping trip. One yellow box does so much. Use it as a dish washer, pot scrubber, hand cleanser, deodorant, toothpaste and more.

FOR YOURSELF

Facial Scrub and Body Exfoliant

For smooth, radiant skin, give yourself a gentle facial and body scrub with ARM & HAMMER® Baking Soda. Make a paste of 3 parts ARM & HAMMER® Baking Soda to 1 part water. Rub in a gentle circular motion to exfoliate skin and remove dead skin cells. Rinse clean. Gentle enough for daily use!

Hair Care

Get rid of product buildup by sprinkling a small amount (size of a quarter) of ARM & HAMMER® Baking Soda into your palm along with your favorite shampoo. Shampoo as usual and rinse thoroughly. The ARM & HAMMER® Baking Soda helps remove the residue that styling products leave behind so your hair is cleaner and more manageable.

Bugs Be Gone

Baking Soda temporarily protects and helps relieve minor skin irritation and itching due to insect bites. Dissolve 1 to 2 cupfuls in a tub of warm water. Soak for 10 to 30 minutes as needed or as directed by a doctor. Pat dry (do not rub) to keep a thin layer on the skin. To use as a paste, add enough water to the baking soda to form a paste, apply to the affected area of skin as needed. Children under 2 – consult a physician prior to use.

Home Pedicure Foot Soak

Start your home pedicure by dissolving 3 tablespoons of ARM & HAMMER® Baking Soda in a basin of warm water and soak feet. Gently scrub with a paste of ARM & HAMMER® Baking Soda.

Mouth Freshener

Freshen breath with ARM & HAMMER® Baking Soda. Put one teaspoon in half a glass of water, swish, spit and rinse. Odors are neutralized – not just covered up!

Deodorize Shoes

Don't bring odors from outside into your house. Are you running into smelly odors every time you wear your sneakers? Keep odors from spreading by shaking a little baking soda into sneakers when not in use. Shake out before wearing.