

101 *Money Saving*

**FRUGAL REASONS
YOU NEED
BAKING SODA**

Saving & Simplicity

Dear Reader,

Thank you for purchasing this e-book. The contents and the information contained are based on our own opinions and experiences. We are not personal financial advisors and we advise you to seek proper council when it comes to your own personal financial matters. We also do not have any direct affiliation with a baking soda producer or company.

Please be aware that pricing of goods and services differ from area to area, state to state. What works for one individual and/or family may not work nor be beneficial for another.

Always test a new cleaning method on a small area of any fabric or surface before pre-treating or cleaning to ensure fabrics do not run or get damaged.

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The contents of this book to provide our thoughts, opinions and experiences on frugal living, saving money and much more.

We wish you and your family an amazing day.

Cynthia

Saving & Simplicity

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Welcome...

I am so glad you're here. Now is the time to start saving money on your household expenses. In this mini e-book you will learn 101 easy to follow, money saving, frugal uses for baking soda.

This simple product generally only used to bake cookies with or deodorize the fridge has so many more money saving uses. Learn how to cut costs in the kitchen. Find frugal uses for baking soda in the bathroom (recipes included).

Did you know that baking soda has a money saving purpose both inside and outside your home? Learn why you need to stock up on baking soda and how it will save you so much money around your home.

Making smart money choices, living frugally and saving money.

Have an amazing day,

Cynthia

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The Basics of Baking Soda

Baking soda is a common kitchen ingredient usually used in baking. It is also a frugal money saver.

Commonly known as baking soda and sold under various brand names, the most popular being [Arm & Hammer](#).

Baking soda is chemically known as Sodium Bicarbonate. This low-cost chemical is a natural neutralizer and absorbent. It also has numerous money saving uses in a frugal home.

In the pages that follow you will learn 101 money saving uses for baking soda in the kitchen, the bathroom, the garage and both inside the home and outside the home. Please note this is only a fraction of the multiple money saving uses for baking soda.

Did you know that you can change the ph of your garden soil with baking soda to produce a higher yield of produce? Or that you can create a bath bomb business using the baking soda commonly found in your kitchen?

I hope you enjoy this mini book and that you find numerous ways baking soda can save you money around your home.

Money Saving Uses For Baking Soda In The Kitchen

1. Does your dishwasher smell a bit off? Add a few sprinkles of baking soda to your next wash cycle to help cut the germs, dirt and smell.
2. Place a box of baking soda or a jar of baking soda in the fridge to deodorize.
3. Add baking soda to your floor cleaning solution to help cut the dirt and grease.
4. Does your silverware need polishing? Use a water and baking soda combination and a cloth to make your silverware sparkle.
5. Does your [garbage bin](#) or compost pail smell a little bit? Sprinkle a bit of baking soda into the pail or bin to help get rid of the odor.
6. Sprinkle baking soda into your garburator, add ice, running water and turn on to clean and deodorize.
7. Wash your produce in a baking soda bath to remove chemicals, dirt and wax residue.
8. Does the acidity in coffee and orange juice irritate you? Cut the acidity by adding a pinch of baking soda.
9. Do your kitchen counters have hard to remove stains? Sprinkle with baking soda, scrub, rinse and dry.
10. Clean your cutting boards by sprinkling with baking soda and vinegar. Let it bubble, scrub with soapy water, rinse and dry.
11. Do you have tough grime on your dishes or [pots and pans](#)? Scrub with baking soda, water and a cloth. Wash with soap and water for a thorough clean.
12. Is your sink clogged? Put ½ cup of baking soda down the drain, followed by ½ cup of vinegar, flush with boiling water and repeat if necessary. The same mixture can be used in your garbage disposal.
13. You can make your own money saving dishwasher pods using baking soda.

Homemade Dishwasher Pods Recipe

Ingredients

1 cup Baking Soda

¼ cup Citric Acid

1 TBSP Liquid Dish Soap

Instructions

Mix all ingredients together and place into small square molds or ice cube tray. You can also form pods freehand. Dry over night and use one per load.

14. Do you have hard water stains? Mix ¼ cup of baking soda with boiling water, scrub to remove stain, wash with soap and water.
15. Clean and deodorize your fridge, cupboards and appliances by adding baking soda to your cleaning solution.

16. The secret to cleaning a pot that won't come clean is boil ¼ cup of baking soda in a pot of water. Remove the pot from the stove and allow to cool over night. Clean with soap and water in the morning.
17. Do you have a glass top stove? Use a baking soda paste to clean the hard to remove burnt on food residue.
18. Clean your stainless-steel sink and appliances with baking soda and a wet cloth to remove dirt and grime.
19. Baking soda is great for cleaning the oven. Use alone with water or add vinegar for more scrubbing bubble action. Wipe with a clean damp cloth.
20. Keep a baking soda shaker with a few drops of [essential oils](#) added in the kitchen to shake over messes or to deodorize smells.

Money Saving Uses For Baking Soda In The Laundry Room

1. Boost your laundry freshness by adding ½ cup of baking soda to your laundry solution.
2. Want cleaner [cloth diapers](#), soak them in a baking soda water bath before you launder them.
3. Freshen your linen closet by adding a box of baking soda mixed with lavender essential oils.
4. Freshen your gym bag or your child's hockey bag by adding a few sprinkles of baking soda.
5. Help soften your hard water by adding baking soda to your wash cycle which will help your laundry detergent do its job.
6. Did you know that baking soda can be used instead of fabric softener? Add a ¼ to ½ cup of baking soda to the rinse cycle.
7. A paste of baking soda and water can be used as a laundry pre-treat for stains.
8. Freshen your gym locker by placing an open box of baking soda inside.
9. Prevent foot odor and decrease sweaty socks by sprinkling baking soda into your gym shoes.
10. Help freshen your work bag by wiping it down with baking soda and a wet cloth.
11. Clean your gym equipment with a baking soda and water combination.
12. Did you know you can remove sticky residue and stuck on tape with a baking soda and water paste?
13. Clean your washing machine by adding baking soda and [laundry soap](#) to an empty (no clothes) wash cycle. Allow you machine to cycle a full load to clean properly.
14. If you have mold or build up around the edges of your washing machine, clean with a wet rag and baking soda.

15. Help keep your white's, white by adding baking soda to your wash cycle.
16. Help remove odors from [pet beds](#) and blankets by soaking them in a baking soda bath before washing.
17. Help remove grass and dirt stains by soaking clothing in baking soda and water combination before washing.
18. Help remove odors from work clothes by adding baking soda to the wash cycle.
19. Help remove odors from hats by soaking them in a baking soda and water solution or by sprinkling odor related area with baking soda.
20. Remove odors from your furniture by sprinkling with baking soda and wiping clean or vacuuming up residue.

Money Saving Uses For Baking Soda In The Bathroom

1. Are tile stains getting to you? Mix baking soda with water to make a paste and massage into the stain using a rag or toothbrush. Rinse the area with soap and water.
2. Freshen your pet's litter box by adding a few sprinkles of baking soda before you add new litter.
3. Do you have tile scum? Clean your grout and tile with a [baking soda](#) and water paste. Use a toothbrush to get into all the corners and small places.
4. Remove hard water build up from your shower head by placing 1/3 cup of baking soda and 1 cup vinegar into a large plastic freezer bag. Tie the bag around the shower head. If you can remove the [shower head](#) and place it into the bag even better. Let it sit for about 45 minutes, remove from bag and scrub with soap and water, rinse and it is ready to use.
5. Clean your hair brushes and combs by placing them in a sink of hot water and a 1/3 cup of baking soda. Wipe clean with a cloth.
6. Did you know you can use baking soda to clean your toilet bowl? Sprinkle baking soda into the bowl and scrub with a toilet bowl brush.
7. Does your bathroom need some refreshing? Place a jar of baking soda on the counter or in a place out of the way to help absorb odors. Add the extra benefits of essential oils by adding a few drops to make your bathroom smell amazing.
8. Add a box of baking soda to your [towel](#) cupboard to ensure freshness.

Money Saving Uses For Baking Soda In The Living Area

1. Does your carpet need refreshing? Mix baking soda with a few drops of your favorite essential oil and sprinkle over your carpet. Allow to sit for a few minutes and [vacuum](#) up.
2. Do you have an artistic child who likes to draw on walls? Remove crayon & pencil from surfaces with a wet sponge and a sprinkle of baking soda.
3. Remove wine stains from the carpet by sprinkling with baking soda immediately. Dab area with clean cloth to help lift the stain. Add more baking soda until the stain has lifted. Vacuum up any residue and wipe clean with a wet cloth.
4. Have your rain mats seen better days? Scrub them with baking soda and water, rinse and they are ready to use.
5. Do you have a musty room or closet? Place a tray or [box of baking soda](#) in the area to help absorb the moisture and odor.
6. Freshen your vacuum by adding a few sprinkles into the bag in between uses.
7. Clean and disinfect animal urine accidents with baking soda and water.

Money Saving Uses For Baking Soda On The Patio & Beyond

1. If your [BBQ grill](#) has seen better days you can sprinkle them with baking soda and water, let them sit, then rinse and wipe clean.
2. When you bring out the kiddie pool for the summer wash it with baking soda and water to help eliminate mold and mildew. Add in a mild dish soap for an extra clean, rinse and it is ready to use.
3. Clean off your plastic patio furniture with a baking soda and water solution.
4. Remove your patio and siding mildew with a mixture of water, dish soap and baking soda.
5. Help lift the oil stains in the driveway and the garage by sprinkling with baking soda.
6. Store a container of baking soda or sachet of baking soda in your car to help absorb daily odors.
7. Remove musty odors from coolers and [camping supplies](#) by washing with a baking soda and water solution.
8. Ensure fresh smelling camping gear by storing in a sealed storage container with a small amount of baking soda.
9. Store a box of baking soda in your camping or outdoor gear to use for putting out fires.
10. Help freshen up your camping blankets and sleeping bags by sprinkling them with baking soda and allowing them to air out.

Money Saving Uses For Baking Soda In The Garden

1. Are you wanting sweeter tomatoes? Sprinkling baking soda around the base of your tomato plants will encourage sweeter tomatoes. A simple shake here and there will help change the acidity in your home-grown tomatoes.
2. Help deodorize a stinky compost by adding baking soda, which will also help neutralize the organic materials.
3. Add baking soda to your garden soil to encourage good plant growth and neutralize the soil ph.
4. Clean your outdoor pots with baking soda and water to remove any old plant materials, mildew and mold.
5. Did you know adding ½ tsp of baking soda to the water will keep your cut flowers fresh.
6. Keep the ants away with a salt and baking soda combination, sprinkle where needed.
7. Get rid of slugs by sprinkling them with baking soda.
8. Deter insects by sprinkling areas with baking soda.
9. Help deter bugs on your roses by spraying them with a solution of baking soda, dish soap and water.
10. Clean your bird bath and [bird feeders](#) with a baking soda and water combination, rinse, dry and they are ready to use.
11. Help reduce weed growth by sprinkling baking soda on the area you want weed free such as the side walk or driveway cracks.

Money Saving Uses For Baking Soda Arts & Crafts

1. Make yourself a stress relief ball by placing baking soda in a deflated balloon. Tie closed and massage your stress away.
2. Volcano action! Add baking soda and vinegar together to create a volcano effect for science projects and kids activities.
3. Make homemade [kinetic sand](#) by mixing 2 parts baking soda, 1 part baking powder and 1 part dish soap to make a great play time activity.
4. You can make baking soda clay by mixing 1 ¼ cups of baking soda, ¾ cup of cornstarch and ¾ cup of water together. Form into art creations and allow to air dry before painting.
5. Make sidewalk chalk paint using a mixture of baking soda, cornstarch and water.
6. Blow up a balloon using science. Add baking soda and vinegar to a bottle and place a balloon over the opening. Watch as the chemical reaction blow up the balloon.

Money Saving Uses For Baking Soda – Personal Care & Spa Time

1. Are you looking to relax? Let the aches, pains and stress wash away in a baking soda bath. Add about $\frac{1}{4}$ cup of baking soda to a full bath and make sure to add 8 drops of your favorite essential oil such as [lavender](#). Sit and let the stress wash away. The baking soda will also soften your skin.
2. Enjoy a relaxing foot soak by adding baking soda to hot water and peppermint essential oil. This solution will help relax your tired achy feet and help soften any calluses and dry skin.
3. Relieve diaper rash by adding a sprinkle of baking soda to your child's bath water.
4. Are you looking to make your own deodorant? Toss out your store-bought brand and make your own using baking soda and a few other ingredients.
5. You can use baking soda in replace of costly dry shampoos.
6. Do you have hives or a rash? Mix baking soda with water or aloe vera gel to make a paste. Apply a small amount of this paste to the itchy area and let dry. Wash off with soap and water.
7. If you have a sunburn or skin redness due to hives soak in a mild baking soda and water bath to reduce the redness and to help reduce the itching.
8. You can use baking soda and water as a mild facial cleanser.
9. Do you have canker sores? Place a small amount of baking soda paste on the sore to help decrease the redness and help in healing.
10. Baking soda can be used as a deodorant powder.
11. Remove dry skin with a baking soda and water scrub.
12. Do you have a hard to remove splinter? Apply baking soda and water in a paste to the area, cover with a bandage and leave over night. In the morning remove bandage and splinter should be ready to remove with tweezers.
13. Is your bad breath bugging you? Place $\frac{1}{2}$ tsp of baking soda in a glass of water, mix and swish like mouth wash to remove the odor.
14. You can use baking soda to help whiten your teeth. Sprinkle a bit of baking soda on to your toothbrush and brush like you normally would. The baking soda will give a mild scrubbing action.
15. In a pinch [baking soda](#) alone can be used as a toothpaste and mouth freshener.
16. Are you looking for a toothpaste without all the chemical additives? Combine baking soda, coconut oil and essential oils for a natural choice.
17. Help settle an upset stomach by adding $\frac{1}{4}$ tsp of baking soda to a glass of water and drinking it.
18. Remove rough dry skin from your heels with a baking soda and water paste.

19. Have a relaxing bath using a baking soda-based bath bomb.

Bath Bomb Recipe

Ingredients

½ cup Baking Soda

¼ cup Cornstarch

¼ cup Epsom Salts

¼ cup Citric Acid

4 tsp Coconut Oil

2 tsp Water

8-10 drops Essential Oil

Instructions

Mix all dry ingredients together. Gradually add wet ingredients to dry ingredients and mix thoroughly. Form balls with mixture or use bath bomb molds. Let bath bombs dry for 24 hours.

When you are ready to use place bath bomb in tub of water.

Relax and enjoy.

Start saving more money on your household expenses:

[75 Money Saving, Frugal Living Tips](#)

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Have an amazing day, stress less,
save money & live more.