

How to use baking soda to clean clothes and deodorize

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What can baking soda do? This simple ingredient is of course an unsung hero in baking, but it can also freshen up a stinky fridge, gently remove stains from countertops and walls, and even make your clothes smell better. In fact, using baking soda in your laundry is one of the best ways to keep your clothes smelling fresh.

Should baking soda be put on clothes?

Absolutely. Baking soda can deodorize clothes, brighten dull fabrics, remove grease stains, and more. Baking soda is gentle and all-natural, so you don't have to worry about chemicals that can irritate your skin and nose. What makes baking soda a great ingredient in baking is its slightly alkaline, non-acidic pH. This also makes it a great ingredient for laundry.

Pros: Baking soda is extremely affordable, so you can buy a large bag of baking soda at the supermarket to use exclusively for laundry and other cleaning tasks.



How to use baking soda in laundry?

Deodorize clothes

If your clothes smell 'sour' or musty from sitting in the washer too long, rewash them with baking soda. If you take them out of the dryer and they don't smell fresh, do the same. It's an extra step, but it's worth it—and you really won't get rid of those odors without rewashing them with baking soda.

How to do it:

1. Dissolve 1/2 to 1 cup of baking soda in 3 to 4 cups of warm water and pour it into the drum of your washing machine. If you can stop the machine mid-cycle, add the baking soda when the drum is full of water.
2. Add your favorite laundry detergent and wash in warm water. Warm water will ensure that the baking soda dissolves completely, and cold or cool water is the ideal temperature for rinsing clothes as it can prevent fading and shrinking. If the care label on your garment calls for a different water temperature, follow that instruction.
3. Tumble dry according to fabric care instructions.
4. If you want to deodorize a load of unwashed clothes that smells bad — food, campfire, sweat — follow the method outlined above, but add an extra rinse to make sure the odor is completely removed. You can usually add a rinse cycle to your machine's regular wash cycle, but if that's not an option, let the machine run through the entire wash cycle before rinsing.

To remove odors from non-washable fabrics

If you have curtains, pillows, dry-clean only clothing, or anything else that can't be washed but needs a refresh, baking soda can do the trick! Just remember to add one more ingredient when using baking soda in your laundry.

1. Add 1 cup of baking soda to a glass Mason jar.
2. Add 10 drops of your favorite essential oil blend. Mix well with a knife or large spoon directly into the jar.

3. Place a cloth or greaseproof paper under the ring of the Mason jar. This will keep the cloth or greaseproof paper intact, keeping the baking soda mixture in the jar from spilling out while still allowing the scent to diffuse into the air.
4. Place the jar in a box or bin with odor-causing materials. Leave overnight, or longer if needed.

Tip: You can also put this mixture in a cloth bag or wardrobe. Make sure the bag is tied or sewn shut so the mixture doesn't get on your furniture.

Remove stubborn stains

If you have grease stains on your clothes, baking soda is a great solution to remove them. Adding baking soda to your clothes not only helps absorb the grease, but it also has mild abrasive properties that you can rub onto the stains to remove them.

1. Rinse the stain from the back of the fabric to prevent it from setting deeper.
2. Sprinkle baking soda over the stain—just enough to cover it.
3. Add a little dish soap or detergent.
4. Scrub the baking soda and soap with your fingers, a soft washcloth, or a clean toothbrush.
5. Let the mixture soak for about 15 minutes.
6. Wash as usual.
7. If the stain remains after washing, repeat the process before drying to prevent the stain from setting further.



To make laundry detergent and bleach work more effectively

Baking soda can boost the effectiveness of laundry detergents and bleaches, making it especially good for dull or old whites. However, while sodium bicarbonate is a common ingredient in laundry detergents, you shouldn't overdo it when adding it to your laundry. Instead, follow the instructions for the ideal amount of baking soda for your clothes and don't mix it with unknown ingredients.

1. Mix 1/2 to 1 cup baking soda with 2 cups warm water. Stir until dissolved.

2. Pour the mixture into the washing machine, right on top of the clothes. If you can stop the machine mid-cycle, pour the mixture in when the machine is full.
3. Add your favorite detergent and wash in warm or cold water.

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