

22 Ways To Use Baking Soda For Your Homestead

We all have at least one box of baking soda in the house. You probably use it for such tasks as deodorizing your refrigerator and making biscuits.

If that's all you're using it for, you're missing out! Baking soda is one of the best multi-purpose products that you can have.

Today we're going to discuss some other uses of baking soda for survival.

Baking soda is something that you should be stockpiling in large amounts. You'll need it for cooking and for many other uses. Since it's so versatile, it will be one of the first things to disappear off the shelves if supply lines are disrupted to stores. Best to stock it now.

1. Toothpaste

You've probably noticed that many commercial whitening types of toothpaste contain baking soda. The main reason is because of the mildly abrasive quality but it also eliminates bacteria that cause bad breath.

In an emergency, you can use straight baking soda, or you can find some good recipes using more palatable recipes in [this article](#).

2. Deodorant

The best things about using baking soda for deodorant are that it's effective and odorless. Just pat a little on under your arms and you're good to go. You can also get fancy and use

base products such as coconut oil and essential oils if scents aren't an issue.

If you'd like a couple basic recipes, check out [this article](#). You'll also learn how to make soap and laundry detergent.

3. Make soap

There's obviously not enough room in your bug-out bag for all of your cosmetic products, so baking soda is the way to go. Just make a paste using three parts baking soda to one part water, rub it onto your body, then rinse.

Just as with deodorant and toothpaste, you can get fancy with it, but in a survival situation, this will do just fine.

4. Take the itch out of bug bites

Just make a paste with a bit of water and rub it onto the [bug bite](#). The itching will be relieved within a couple minutes.

5. Get rid of heartburn or upset stomach

Baking soda is great for getting rid of occasional heartburn or [sour stomach](#) but it's not recommended for regular use because it can actually cause conditions such as acid reflux to worsen because it messes with your acid production.

6. Remove the oil from your hair

Baking soda absorbs both moisture and odor. In a survival situation when you don't have access to abundant water (or just a day when you don't feel like washing your hair!), sprinkle some baking soda at your roots, work it onto your scalp and through your hair, then brush it out.

7. Fungal infections

Baking soda has been shown to kill fungal infections but I personally have had better success when mixing it with equal parts apple cider vinegar. ACV is another of those items that you should be stockpiling, or you can learn how to make it [here](#). If you don't have vinegar, make a paste with water and baking soda and rub on the fungus.

Some examples of fungal infections that you may have to worry about are yeast infections (men and babies can get these, too!), athlete's foot, and jock itch. Baking soda will soothe it, too.

8. Sooth burns

Baking soda is wonderful for soothing minor burns, windburn and sunburns. Just make a paste and rub it on. Again, apple cider vinegar is great for this, too.

9. Soothe irritated or rough skin

Baking soda is great for helping with diaper rash or irritated skin so toss a couple of tablespoons into baby's bath or a 1/4 cup into yours. It also softens skin.

10. Rehydrate

[Dehydration is a huge concern](#) in a survival situation. Usually water will do the trick but if you've been sweating excessively, you need to replace that salt and other electrolytes or else you can get extremely sick, or even die.

Baking soda consists of sodium and bicarbonate, so it's helpful with hydration. Use 2 quarts water, 1 tsp salt, 1 tsp baking soda and on tsp salt substitute. You can throw some sugar or fruit juice in for flavor and glucose if you want,

too.

Salt substitute is another great product to stockpile because it's actually potassium chloride, and your body needs potassium to properly use salt.

11. General cleaning

If you decide to bug in, or just want a cheap, natural, effective cleaning product, baking soda will do the trick. Because it's abrasive, it's great for cleaning grout, tiles, sinks, ovens, stoves, and tubs. Just be sure to rinse it well.

33 BAKING SODA USES for YOUR HOME

1 KITCHEN SCRUB

Sprinkle baking soda to the surfaces in your kitchen and use a sponge or rag to scrub; you can even add lemon, lavender or peppermint essential oil to add a natural and healing fragrance to this DIY cleaning product.



2 POTS & PANS CLEANER

Baking soda can be used to hand wash pots and pans, and it won't hurt these valuables either. Just let them soak in baking soda for 15-20 minutes: the grease, grime, or food will come right off.



3 CARPET CLEANER

Many carpet cleaners include chemicals that can be harmful to your pets or children, so use baking soda to give your carpet a good cleaning instead. Sprinkle your carpet with baking soda, let it sit for 15-20 minutes, and then vacuum.



4 BABY CLOTHES CLEANSER

Baking soda can be used as a natural cleanser, and even a fabric softener. It's the perfect way to clean baby clothes: just add one cup to your laundry load.



5 FRUIT & VEGGIE SCRUB

Make your own natural scrub: add a teaspoon of baking soda to water. The pasty mixture is a perfect way to remove bacteria from your fruits and veggies.



6 SILVERWARE CLEANER

Create a paste that is 3 parts baking soda and 1 part water. Rub the paste onto your silverware and let it sit in a large tray or bowl. After 15-20 minutes, rinse the silverware.



7 MICROWAVE CLEANER

Many carpet cleaners include chemicals that can be harmful to your pets or children, so use baking soda to give your carpet a good cleaning instead. Sprinkle your carpet with baking soda, let it sit for 15-20 minutes, and then vacuum.



8 DRAIN CLEANER

Mix baking soda with apple cider vinegar to create your own drain cleaner. This is a much safer option than the harmful chemicals that are typically used to clear drains. Let the combination bubble for 15 minutes, then rinse it with hot water.



9 DISH-WASHER HELPER

Add baking soda to your regular dish washing cycle; this will help to eliminate unwanted grease and grime that builds up on your dishes.



10 FIRE EXTINGUISHER

If you experience a minor grease fire in your kitchen, you can use baking soda to put it out. Pour baking soda on the fire and it will stifle the flames instantly.



11 SHOE DEODORIZER

Can't get that smell out of your shoes? Sprinkle baking soda inside your shoes and the smell will clear up within minutes.



12 COFFEE & TEA POT CLEANER

To remove coffee stains and funky tastes from your coffee or tea pot, make this quick mixture: 1/4 cup of baking soda with 1 quart of warm water. Rub the mixture on and in your pots; if you are battling tough stains, let it sit for a few hours first and then rinse.



13 SHOWER CURTAIN CLEANER

Get rid of those stains that show up on shower curtains by rubbing baking soda onto them. Add a little water and the grime will be gone shortly.



14 CLOSET FRESHENER

To keep your closet smelling clean and fresh, place a box or cup of baking soda inside.



15 WASH YOUR CAR

Ever hear of a baking soda car wash? Because baking soda easily removes grease and dirt, it is the perfect ingredient for the ultimate car cleaning. Create a paste with 1/4 cup of baking soda with 1 cup of warm water. With a sponge or rag, rub the paste onto your car (tires, lights, seats, windows) and then rinse. Or dilute in a gallon of water to remove dirt and grime off your paint as well, just make sure to thoroughly dissolve as baking soda is abrasive in its powdered state.



16 KITTY-LITTER DEODORIZER

To keep your cat box smelling as fresh as possible, cover the bottom of the box with baking soda first, and then fill it to with kitty litter as usual. After cleaning out the litter, give the box a quick refresher by sprinkling baking soda on top.



12. Keep your latrine or septic tank working well

Baking soda helps balance the pH in your SHTF latrine or your [septic tank](#), which helps the bacteria to break down the waste more effectively. It does, of course, also have a bit of deodorizing effect but not much in this situation.

13. Freshen bedding and carpets

Unless you're an unusual prepper who doesn't think about losing power, you probably aren't stockpiling any of those powdered, scented carpet products. Here's some news for you – most of those aren't nearly as effective as plain old baking soda, and if you look, most of them CONTAIN baking soda.

Baking soda absorbs odors out of carpets, and it's also great for freshening your bedding (camp or household). Just sprinkle it on your carpet or bedding, let it sit for a few hours, then vacuum or sweep it away.

14. Keep your coolers from smelly funky

You know that weird musty smell that hits you in the face when you open a cooler that's been closed for a while? Baking soda will help with that. Either pop a box in it when you store it, or sprinkle some in it 24 hours before you use it, then rinse it out.

15. Help your laundry detergent work better

Whether you're using homemade detergent or a commercial product, adding some baking soda to the wash helps balance the

pH. It makes your soap more effective.

In a SHTF scenario, you can actually use just baking soda to clean your clothes. Make a paste and rub it onto dirty or greasy spots, then use a bit more (a quarter cup or so) [in your wash basin](#) to clean and deodorize the rest of your clothes.

16. Make great coffee

Even if (or especially if) you're in the woods in a survival situation, [coffee](#) is likely on your list of "really, really want to haves". Sprinkling a little baking soda or a small pinch of salt over your grounds will remove that bitter taste. No need to wait til SHTF though – try it tomorrow morning!

17. Making [baked goods](#)

If you're in a pinch and don't have any baking powder, you can mix 1 part baking soda with 2 parts cream of tartar.

18. Put out a fire

[Unintentional fires](#) are never good, survival situation or not. Keep a box of baking soda next to your stove or campfire to put out fires. Just sprinkle it on. It's natural and unlike some products, it works on regular fires, grease fires and electrical fires.

19. Clean your iron skillets

It's taken you forever to get your skillets seasoned and the last thing that you want to do is use harsh detergents or scrubbers to get food off of them. Baking soda is your friend here! Just empty your pan as well as you can and sprinkle some baking soda into it. Let it sit for a few minutes, then wipe it out and rinse if you have access to water.

If the food is really stuck on, you can make a paste.

20. Repel rabbits and other garden pests

I've never tried this but I have friends who swear that sprinkling baking soda around their beds repels [rabbits that want to munch](#) on their veggies. They also swear that it sweetens their tomatoes, too.

21. Repel roaches and ants

Keeping some baking soda under your counters and in your cabinets can help keep these pests away.

22. Make a fun clay for the kids

Toys may be at a premium if SHTF and you're going to want to keep the little ones occupied. Mix 2 parts baking soda with 1 part corn starch then add enough water to make it a bit runny. Cook until it's the consistency of mashed potatoes, let it cool, and you've got entertainment for hours or until the clay dries. T

his also hardens when it's molded and is great for making those keepsake handprint plates.



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We Lost To History**

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There are, of course, a hundred more uses of baking soda in everyday life but I wanted to target survival purposes. I'm

sure, as versatile as it is, that I've missed many good uses, so if you know of any, please share them with us in the comments section below.

*This article has been written by **Theresa Crouse** for [Survivopedia](#).*