# **STOR RANGE R** Tip of the Week



Ants are tiny insects that show up in the hundreds to thousands looking for food. They are omnivores that can lift 10-50 times their body weight and they help spread seeds, pollinate, and better the quality of soil. Although they are beneficial to our ecosystem, they can be quite unsettling to have in our homes. Be careful how you treat your home's ant issues though, most insecticides found in stores are actually harmful chemicals. Check out these chemical free solutions to stop ants in your home.

## CLEAN

Cleaning dishes immediately, sweeping/cleaning floors regularly, and ccleaning counters daily will help keep ants at bay.

PLUS a spray bottle of soap OR vinegar water can help both kill ants and destroy their chemical trail. This will prevent more ants from following in their tracks.

One teaspoon of dish soap OR vinegar into a spray bottle and fill with water.

\*Add mint oil, citrus peels, or citrus oil to make this spray extra potent.

# MAKE BARRIERS

Put up defensive barriers. Many of the products that form these natural ant barriers are probably already in your kitchen; they just need to be deployed properly. A barrier doesn't need to be wider than a ¼ of an inch but it must form an unbroken line. Use barriers on places like window sills, floors, counter tops, and around ant access points.

#### Some of the items you can use to form barriers include:

Powdered charcoal Black pepper, cayenne pepper, or red chili pepper A line of chalk Turmeric Cinnamon Citrus oil Baking Soda White vinegar and water

## ESSENTIAL DILS

Adding cinnamon, peppermint, or lemon essential oil into a spray bottle with water will help deture ants plus leave your home smelling nice!

Ants do not like strong smells so using any of these oils at ant entry points can help keep them out. This can be completed by adding 10 drops of oil into a spray bottle then fill with a cup of water. You can also add the oil to damp cotton swab and rub down the areas needed.

Dont have these oils around? You can also use cinnamon cloves, lemon peels, and fresh peppermint around your home as well.

