



Spring Cleaning Notes

In general, start at the top and work down. That way, dirt isn't falling from the ceiling or furniture onto your newly cleaned floors.

Don't expect to get it all done in one day.

Don't feel as though you have to do everything on the list. Do what's needed for your home.

Some things, like cleaning the outdoor furniture, can wait.

When cleaning windows, don't allow them to dry before rinsing. Wash and rinse one at a time.

Cleaning the Dishwasher

- Empty the dishwasher and remove the bottom rack.
- Inspect the drain for any food particles, broken glass, or anything else. Remove.
- You might also want to check around the gaskets or seals on the sides and top for any gunk that needs to be removed.
- Replace the bottom rack.
- Fill a coffee cup or bowl with white vinegar and stand in the top rack so it doesn't spill.
- Run a cleaning cycle with just the vinegar on hot. You don't need the drying cycle.
- Remove the cup or bowl, and pour about a cup of baking soda into the bottom of the dishwasher near the drain.
- Run a short, hot cleaning cycle. No drying.

Cleaning the Refrigerator

- Empty as much as possible from the refrigerator. You might want to do this the day before you go shopping.
- You may also want to have a cooler handy to put perishables in, but it really shouldn't take you that long.
- As you're removing things, get rid of any food or condiments that are no longer good.
- Fill your sink (or a bucket) with warm water. Add a little dish soap (I prefer Dawn) and white vinegar. Just a small, tiny squirt of dish soap, and about half a cup of vinegar.
- Wipe down the shelves, the sides of the refrigerator, and the condiment shelves.
- Remove any drawers. You can wash them by the sink if it's easier, or use your bucket.
- While the drawers are out, wash the area underneath.
- I like to make sure the drawers are dry before I replace them, and I line them with clean paper towels.
- Don't forget about the refrigerator coils. Keeping them clean will extend the life and efficiency of your refrigerator. Cleaning them a few times a year is a good idea.

Cleaning the Microwave

I use this method every week, or anytime my microwave needs cleaning. It's so easy and so effective!

- Clear out any crumbs, popcorn kernels, etc.
- Spray the entire inside generously with water. (I had a bottle of vinegar plus water on hand once, and it worked too, but you really just need water.)
- Fill a good sized microwavable container with water. I use a 2 cup glass measuring cup.
- Put it in the microwave and set it for 2 - 3 minutes. You want it to boil and produce plenty of steam.
- Once the microwave is done, let it sit for another minute or two to let the steam do it's work.
- Open the microwave, carefully remove the cup, and wipe down the inside.
- All of the gunk should just wipe right off! You can use a scrubbie on anything that's harder to get off.
- Your microwave is now clean and disinfected!