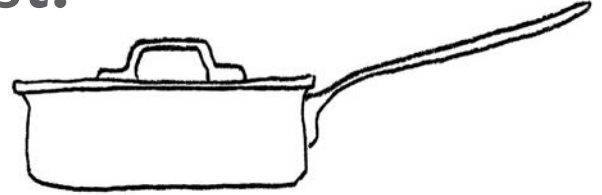


# Spring Cleaning Checklist:

## *Kitchen*



- Dust ceiling and walls starting at the top
- Vacuum the floor including under the fridge
- Spray all purpose cleaner and wipe walls and cupboard doors to remove grease
- Clean inside each cupboard and organize contents
- Clean out the fridge and freezer and discard anything out of date
- Wipe down inside the fridge. *DIY RECIPE: Mix a few drops of dish soap and cold water in a bowl you can bring to the fridge*
- Clean stove and oven by first removing knobs and washing in soapy water
- While the knobs dry, clean the top of the stove, under the knobs, and the outside of the oven door with a sponge and all purpose cleaner
- DIY RECIPE: If you have stubborn stains, make a paste of equal parts baking soda, salt, and water and use as a scrub. !!Be careful not to turn the gas on accidentally when cleaning the knobs!*
- In our opinion, cleaning the inside of an oven is more trouble (and toxic chemicals) than it's worth. Brush out any bits of food from the bottom of the oven. If you really want to clean the inside surfaces, *DIY RECIPE: make a paste of baking soda and water, rub onto the interior surface of the oven, leave for 15 minutes, scrub to remove any baked-on grime. Spray distilled white vinegar onto the baking soda - great fun for kids because it'll fizz - then wipe clean*
- Clean extractor fan filters - many can be washed in hot, soapy water, others can go into the dishwasher. !!Check manufacturer's directions
- Clean around and inside trash can, recycling can, compost buckets
- Scrub around sink drains. Remove any built-up matter that can turn into clogged drains by *DIY RECIPE: sprinkling half a cup of baking soda into the drain, pour in some distilled white vinegar, finish up by pouring a full kettle of boiling water down the drain*
- Clean around the caps and pumps of your refillable bottles
- Empty and clean dishwasher filter, remove any debris from the bottom, wash around seal and control panel
- Spray and wipe the microwave inside and out, wash the turntable plate in a sink filled with warm soapy water or dishwasher
- Clean kick boards with scrubbing brush and diluted all purpose cleaner
- Mop the floor with diluted all purpose cleaner
- Refill your soap bottles, replace old sponges, and brush heads if needed

### ***Extra credit***

- Recondition any grimy cookware. Combine these ingredients for a *DIY RECIPE: Add a handful of baking soda, a few drops of dish soap, and a splash of hydrogen peroxide, mix into a paste and use as a scrub*

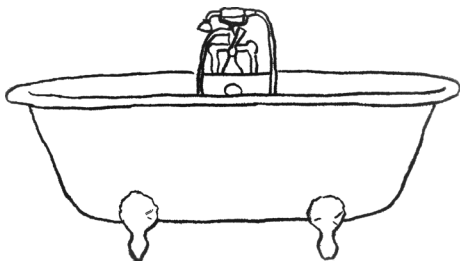
# Spring Cleaning Checklist:

## *Bathroom*

- Remove fabric shower curtains and wash
- Remove towels, bathmat, etc and wash
- Clean shower head
- Dust around lights and extractor fan
- Remove stuff from cupboards and drawers and discard anything that's old or you never use
- Vacuum floors and inside cupboards and drawers if needed
- Wipe down surfaces with a little all purpose cleaner and leave open to dry
- Spray bathroom cleaner and scrub glass shower screens to remove soap scum, rinse
- Spray grout with bathroom cleaner and leave for 5 minutes before scrubbing and rinsing
- Spray bathroom cleaner and scrub around bath and shower faucets, rinse
- Scrub around sink, bath, and shower drains. Remove any built-up matter that can turn into clogged drains by *DIY RECIPE: sprinkling half a cup of baking soda into the drain, pour in some distilled white vinegar, finish up by pouring a full kettle of boiling water down the drain*
- Spray glass cleaner and wipe mirrors and shower screens
- Clean in and around where toothbrushes are stored
- Spray all purpose cleaner and scrub around the bottom of the walls where dirt can accumulate
- Spray bathroom cleaner and scrub around hinges and the base of toilets
- Spray bathroom cleaner into toilet bowl and clean with toilet brush
- Mop the floor with diluted all purpose cleaner
- Hang the clean shower curtain and towels
- Replace things into cupboards and drawers and organize

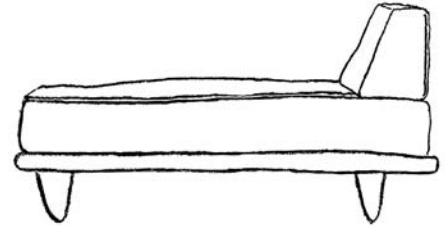
### ***Extra credit***

- Install a low volume shower head to save water
- Use a narrow bottle brush or pipe cleaner to clean inside your drains and pull out any clogs
- Clean hair out of hair brushes
- Wash makeup brushes and sponges



# Spring Cleaning Checklist:

## *Living, dining, hallways*



- Empty out the room as much as possible to make way for a deep clean
- Remove any washable slip covers and wash. If there are any stains, dab a little laundry detergent onto the stain and leave for a few minutes before washing
- Remove rugs and if you have access to outside, lay them out in the sun for a few hours
- Remove throw pillows and sofa cushions and stack in another room
- Move objects and tchotchkes to the kitchen where you can wipe them down
- If you have a fireplace, now's the time to sweep it out
- Organize and tidy shelves and bookshelves
- Change the filter in your vacuum cleaner and any air purifiers
- Start at the top using a duster or broom to dust ceilings, lights, fans, working your way down the walls, bookshelves, artwork, etc (you can also vacuum if your machine will reach that high)
- Dust hard surfaces top to bottom, including bookshelves, tops of paintings and frames, mantels, window sills, chairs and sofas, floors, and under and behind furniture and plants
- Vacuum soft sofa and armchairs paying special attention to the joints and crevasses
- Bring the sofa cushions and throw pillows back and vacuum before replacing
- Bring any rugs back in and vacuum well. If you have any concerns about odors or stains, treat them now. *DIY RECIPE: mix half a cup of baking soda and a few drops of essential oil in a jar and shake.* Sprinkle onto rugs and leave for 30 minutes before vacuuming well
- Spray all purpose and wipe hard surfaces, including walls, light fixtures, shelves
- Spray glass cleaner and wipe windows, mirrors, tv screen with glass cleaner
- Replace clean objects and tchotch
- Replace any burnt-out light bulbs (with warm light LEDs)
- Wipe plant leaves with a soft cotton cloth dampened with water (and old tee-shirt is great for this) do this later in the process to make sure you remove any ambient dust for happy, healthy plants

### ***Extra credit***

- Re-pot any plants that need a bigger pot
- Deep clean carpets with a homemade carpet cleaning powder. Recipe: 1 cup baking soda, few drops of essential oil, shake together in a jar. Sprinkle onto carpets and rugs. Work into the pile if particularly dirty. Vacuum.
- Make a room spray by mixing witch hazel (or vodka or distilled water) with 20 - 40 drops of your favorite essential oils in a spray bottle. Spritz around the room (don't spray onto soft furnishings because they can stain or oxidize and stain)
- Remove and wash any washable curtains

# Spring Cleaning Checklist:

## *Bedroom*

- Empty out the room as much as possible to make room for a deep clean
- Remove bedding, including mattress cover, duvet, etc and wash
- Now is the time to put winter bedding away and bring out the lighter-weight stuff. If you're worried about being cold in these early spring nights, layer lighter quilts and blankets
- Clean and put away winter clothes and shoes, and bring out the things you want to wear in spring and early summer
- Tidy bedside table and put away as much as possible
- Replace air filters
- Dust (or vacuum) ceilings, walls, light fixtures, fans, artwork, etc
- Vacuum hard surfaces, mattress, and finally vacuum the floor and under the bed. Pay attention to the area under your bed near the wall, where dust can accumulate. Move your bed to get better access, if possible
- If you have a mattress that needs turning, turn it now and vacuum the other side
- Spray with all purpose and wipe hard surfaces, drawer fronts, doors and drawers, and handles, lamps, clocks, etc
- Spray glass cleaner and wipe windows and mirrors
- Wipe any plant leaves with a water-dampened cloth. If you don't have any plants in your bedroom, consider getting a snake plant or fiddle leaf fig which both emit oxygen into your room while you sleep
- Make the bed

### ***Extra credit***

- Take any clothes you don't want/need to donation
- Mend or take clothes in need of mending to the tailor
- Take shoes to the shoe repair
- Clean jewelry



# Spring Cleaning Checklist:

## *Home office*

- Put away as much as you can
- Remove stuff from desk and wipe/dust as you go
- Vacuum on, around, under your desk. Gently vacuum air vents of devices and electrical stuff
- Spray all purpose and wipe desk surface being careful not to soak anything electronic
- Unplug and clean keyboards and mice with a soft cloth dampened with a little water. If you need a bit more cleaning power, spray a very little amount of all purpose cleaner onto the cloth and wipe. In these days of covid, you might want to disinfect devices. Check manufacturer's directions. Usually a soft cloth with 65% or less alcohol solution is okay
- Spray glass cleaner onto a damp soft cloth (old tee shirt is again your best bet here) and wipe screens

### ***Extra credit***

- Clean out your handbag and wallet
- Sanitize phone, iPad, etc with 65% alcohol vv or less solution on a cloth (or you can get wipes made for this purpose but don't flush wipes, they have to go into the garbage). Always check manufacturer's instructions before cleaning any electronic device
- Run software updates and computer cleaning software
- Open and scan mail and recycle and if you're really keen, go online and try to get some of those companies to send digital mail instead

