



## BEDROOMS

Remember to wear a dust mask if you have allergies when you clean up high. Use old sheets to cover your bed when you dust your ceiling fan or light fixtures. Before you begin, open your windows to help maintain air circulation.

- Dust from top to bottom, including light fixtures and ceiling fan.
- Empty drawers one at a time. Wipe out drawers and replace the items.
- Sweep and wipe down closets.
- Move bed and clean underneath.
- Replace bed, flip mattress.
- Clean windows and blinds. Launder curtains. Remove screens and wash with soap and a soft scrub brush to avoid damage
- Spot clean walls and baseboards.
- Remove light switch plates and vacuum behind them.
- Wash any mirrors and wash any knickknacks. Washing them in warm soapy water is easier for small items than dusting or vacuuming.
- Vacuum out floor registers if you have them and wipe down as far as you can.
- Lastly, sweep and mop the floor.

## BATHROOMS

Use Spring Cleaning as an opportunity to get rid of old medication. When disposing of old medication, don't flush it down the drain. Instead, dissolve pills or capsules in water and mix with sawdust or kitty litter. Place the paste/mixture in a sealable plastic baggie and place the baggie in the trash.

- Dust from top to bottom.
- Remove bathroom fan cover and vacuum inside.
- Clean toilet and sink.
- Inspect grout and sealant around tub. Replace and repair as needed.
- Clean all drains
- Clean windows and blinds. Launder curtains. Remove screens and wash with soap and a soft scrub brush to avoid damage
- Spot clean walls and baseboards.
- Remove light switch plates and vacuum behind them.
- Wash any mirrors and wash any knickknacks. Washing them in warm soapy water is easier for small items than dusting or vacuuming.
- Vacuum out floor registers if you have them and wipe down as far as you can.
- Lastly, sweep and mop the floor.



## KITCHENS

Spring cleaning in the kitchen is a great time to scour your pantry for old and expired foods. Check all your cans for dents or bulges. These are signs that the food inside is no longer safe to eat. Dispose of these cans immediately. Use a cleaner that can cut through grease. Use one of the ammonia based green cleaners that we talked about here if you want a great nature-friendly green cleaner.

- Dust from top to bottom, including light fixtures and ceiling fan. Because there might be greasy dust residue, use a damp sponge with a good cleaner
- Empty drawers one at a time. Wipe out drawers and replace the items.
- Move your stove and clean beneath it
- Move your refrigerator and clean beneath it
- Vacuum the refrigerator coils using an extender.
- Clean the stove top, removing the bowls under the coils.
- Clean under the stovetop and clean the oven
- Clean the bowls and wrap them in aluminum foil for easy cleanup in the future.
- Remove everything from your countertops and clean the items
- Wipe down countertops and backsplash
- Wash out sink. Use an appropriate cleaner to restore shine.
- Clean garbage disposal. Put lemon wedges in the disposal and turn on for 2-second pulses. The citric acid and lemon rind will clean the blades and deodorize as well.
- Replace all items and put appliances back into their place
- Clean windows and blinds. Launder curtains. Remove screens and wash with soap and a soft scrub brush to avoid damage
- Spot clean walls and baseboards.
- Remove light switch plates and vacuum behind them.
- Wash any mirrors and wash any knickknacks. Washing them in warm soapy water is easier for small items than dusting or vacuuming.
- Vacuum out floor registers if you have them and wipe down as far as you can.
- Lastly, sweep and mop the floor.

## HALLWAYS

- Dust from top to bottom, including light fixtures and ceiling fan.
- Clean windows and blinds. Launder curtains. Remove screens and wash with soap and a soft scrub brush to avoid damage
- Spot clean walls and baseboards.
- Remove light switch plates and vacuum behind them.
- Wash any mirrors and wash any knickknacks. Washing them in warm soapy water is easier for small items than dusting or vacuuming.
- Vacuum out floor registers if you have them and wipe down as far as you can.
- Lastly, sweep and mop the floor.





## DINING ROOMS

When cleaning your dining room, if you have a china hutch or a place where you store fancy dishes, taking the time to dust and clean the interior properly will save you a lot of cleaning effort in the long run. If you have a table that takes leaf inserts, lubricate the inserts with a quick spray of WD-40 or a light machine oil.

- Dust from top to bottom, including light fixtures and ceiling fan. Because there might be greasy dust residue, use a damp sponge with a good cleaner
- Clean windows and blinds. Launder curtains. Remove screens and wash with soap and a soft scrub brush to avoid damage
- Wipe down your table and chairs. Inspect for nicks and damage. If there are any light scuffs, use a furniture pen or matching stain to repair them.
- Launder your chair pads and any table or chair linens.
- Polish the silverware. If there are any that are heavily tarnished, soak in a mixture of 1 liter of water and 1 Tbsp. of baking soda. Put a sheet of aluminum foil in and then put your silver in. Let soak for 10 seconds and then remove. Dry with a soft cloth.
- Spot clean walls and baseboards.
- Remove light switch plates and vacuum behind them.
- Wash any mirrors and wash any knickknacks. Washing them in warm soapy water is easier for small items than dusting or vacuuming.
- Vacuum out floor registers if you have them and wipe down as far as you can.
- Lastly, sweep and mop the floor.

## LIVING ROOMS

If you haven't organized your electronic cables previously, this is a great time to do so. Small Velcro strips can tie them together and help reduce clutter. Wipe them with a damp cloth prior to bundling. Use Command Strip Hooks to hold them out of the way. When dusting electronics, use caution. Use a static free duster to avoid static electricity buildup and potential damage to your gear.

Remove slipcovers from your sofa and pillows and launder or dry clean separately. Clean pillows and blankets as well. Clean the crevices of your furniture using an attachment with an old pair of pantyhose over the tip. This will prevent large items from clogging the hose or damaging your vacuum.

- Dust from top to bottom, including light fixtures and ceiling fan.
- Clean windows and blinds. Launder curtains. Remove screens and wash with soap and a soft scrub brush to avoid damage
- Spot clean walls and baseboards.
- Remove light switch plates and vacuum behind them.
- Wash any mirrors and wash any knickknacks. Washing them in warm soapy water is easier for small items than dusting or vacuuming.
- Vacuum out floor registers if you have them and wipe down as far as you can.
- Lastly, vacuum and steam clean the carpets.