## \* CLEAN MAMA'S \*

## Kitchen Appliances Quick Clean

SUPPLIES	HOW TO GET STARTED
<ul> <li>cleaning cloths —         microfiber works great         on appliances</li> <li>dusting wand</li> <li>vacuum cleaner with         hose and nozzle         attachment (optional)</li> <li>cleaners — all-purpose,         disinfecting, dish soap,         white vinegar</li> <li>sponges</li> <li>sink full of soapy water</li> <li>empty container for dirty         cloths or paper towels</li> <li>caddy or container to         carry supplies</li> </ul>	<ul> <li>Dust or vacuum off the tops of your appliances and wipe clean.</li> <li>Vacuum appliance corners and crevices.</li> <li>Fill your sink with hot, soapy water.</li> <li>OVEN: Start self-clean on your oven or thoroughly spray a non-toxic degreaser in oven and let sit.</li> <li>MICROWAVE: Remove the glass plate in microwave and place in sink with soapy water. Rinse and dry and place back in the microwave. Put a bowl of water and a halved lemon and boil for 3–5 minutes. Let it sit and steam for 15 minutes and wipe clean.</li> <li>REFRIGERATOR/FREEZER: Empty appliances and discard expired food. Wash removable shelves and drawers in the soapy sink — wash, rinse, dry. Wipe shelves clean with soapy water and dry. Return food.</li> <li>DISHWASHER: Empty and remove racks, spray edges with cleaner or wipe with vinegar. Remove any food or blockages from the bottom. If there's a filter, remove it, wash, rinse and return to dishwasher. Put 1–2 cups of vinegar in the bottom of the dishwasher and run a normal wash cycle. Wipe edges and seal clean when cycle has completed.</li> <li>APPLIANCE FRONTS: Spray microfiber cloth with desired cleaner and wipe clean.</li> </ul>