

Ready, Set, Clean!

We talked to the experts to create this printable cleaning checklist that will make your home sparkle. Gather your family, designate jobs and enjoy a clean house!

THIS MONTH

Complete these tasks once a month for a clean and healthy home.

Kitchen

- Thoroughly clean inside of oven.
- Damp wipe and disinfect cupboards and the fronts of appliances.
- Wipe out microwave. **Tip:** Drop a lemon wedge in a cup of water and boil inside your microwave for a minute or two to help food wipe away easily.
- Wipe down windows with a window cleaner or vinegar/water combination.
- Clean the inside of your fridge and freezer with hot water and soap. Toss expired food.

Bathroom

- Wash the shower curtains and liners.

Bedrooms

- Vacuum screens, blinds and lampshades with attachments.
- Wash windows.

Living room/playroom

- Move aside furniture and vacuum behind and underneath.
- Vacuum windowsills.

Hallway/Stairs

- Polish wood floors (if applicable).