

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 WEEK

Take time out once a week to complete these tasks and make your house fresh and clean.

Kitchen

- Use a hot water/mild detergent combination to wipe greasy build up on your stove.
- Disinfect countertops and wipe appliance faces.
- Vacuum/mop kitchen floor.
- Empty wastebaskets.

Bathroom

- Wipe sinks and counters. Follow with a mild disinfectant to help stop germs.
- Change towels.
- Scrub toilet, tub and shower with an all-purpose cleaner, and use a powdered cleanser to get rid of build up.
- Sweep or vacuum floor and follow with mopping.
- Wash windows and mirrors with a window cleaner or vinegar-and-water mixture. **Tip:** Don't use a rag. Instead, try a newspaper or even a coffee filter for a streak-free shine.
- Empty wastebaskets.

Bedrooms

- Dust with a microfibre cloth, which grabs dust better.
- Wash bedding (can also do this every two weeks).
- Vacuum floor, moldings, baseboards and upholstered furniture. **Tip:** Do this after dusting to catch all the particles that have blown around.
- Empty wastebaskets.

Living room/playroom

- Dust.
- Vacuum, using the attachments to remove dust from blinds, ceiling fans and furniture.
- Wipe toys in a water/mild detergent solution and let air dry.
- Wash stuffed animals that are washable and played with regularly.
- Clear and sort clutter.
- Empty wastebaskets.

Hallway/Stairs

- Vacuum/sweep and mop the hallway and stairs.
- Shake out rugs.