



Basic Needs Series

Cleaning 101

The Essentials



Tip #1

Create a schedule

**Cleaning can feel daunting at times.
Not everything has to be done in one day.**

**Assign small tasks for yourself throughout the
week instead of waiting for one day to
complete all your cleaning.**

Does anyone already have a cleaning schedule?

Cleaning Areas

Common Area/Living Room
Kitchen
Bathroom
Bedroom
Laundry

Cleaning Products

Products

All Purpose Cleaner
Bleach
Disinfecting Wipes
Lysol
Rubbing Alcohol
Dish Soap
Baking Soda
White Distilled Vinegar
Laundry Detergent
Sanitizer
Dryer Sheets

Tools

Broom
Swiffer
Duster
Gloves
Dish Sponges
Brillo Pads
Toilet Brush
Shower Brush/Grout Brush
Paper Towels

What am I supposed to do now?





Tip #2

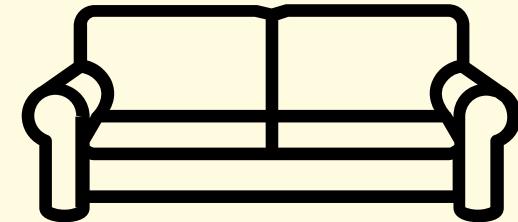
Declutter First

You should always start your cleaning off by decluttering. Place miscellaneous items in their respective place, then start your deep clean.

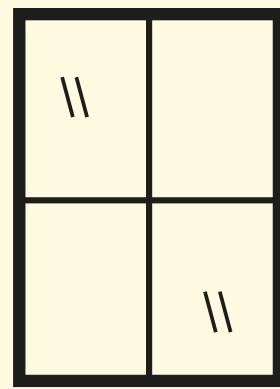
Can anyone give me an example of this?

Now let's break it down by area...

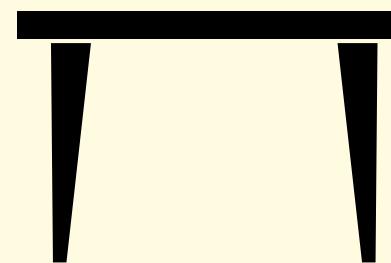
Common Areas/ Living Room



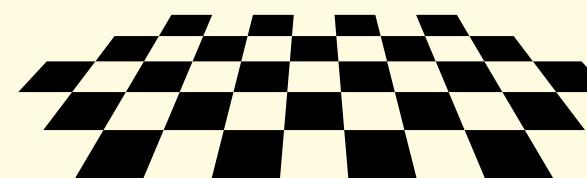
Lysol can be used to disinfect the surface of couches and other cloth furniture. For a deep clean, sprinkle some baking soda on the furniture, let it sit for 10 min, then vacuum. The same can be done for carpet.



Glass can be cleaned with a 50/50 mixture of white distilled vinegar and water. Use a microfiber cleaning cloth to wipe.



Tables can be cleaned with an all purpose cleaner. Use a microfiber cleaning cloth to wipe.



To clean hardwood/tile flooring, sweep first, then go in with a Swiffer wet jet. There are a variety of other mop options out there.



Tip #3

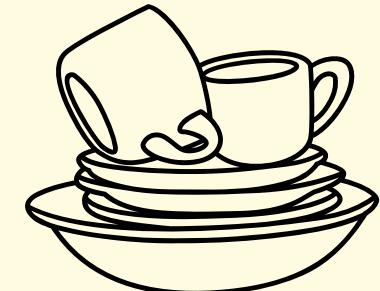
One product can have multiple uses



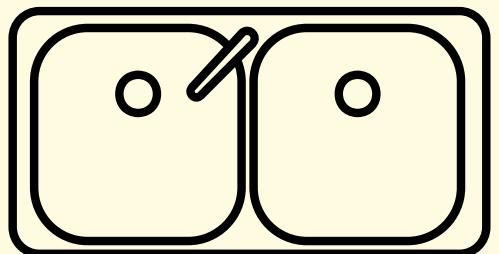
As we continue, you will notice that some products can be used in various ways. One of those key products is white distilled vinegar.

Can anyone give me an example of using white distilled vinegar...other than what we have already went over?

Kitchen

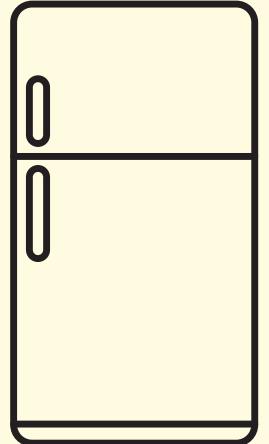


Clean dishes with hot water, dish soap, and a sponge. For stuck on food, let the dish soak in hot water and dish soap until the food is easily removable, Additionally you can use a scouring pad for tough residue.



After washing the dishes, you can clean the sink with some soap and hot water. For a deep clean, spray all purpose cleaner or a 50/50 mixture of vinegar and water, scrub, then rinse.

To clean your drains, pour a little baking soda down the drain and follow up with white distilled vinegar. Finish up with pouring hot water down the drain.



The refrigerator can be cleaned with a simple all purpose cleaner. You may place an open box of baking soda in the fridge to keep it smelling fresh!



For a quick clean, use an all purpose cleaner to wipe down stove/oven surfaces. For a deeper clean, use baking soda and water to create a paste. Let the paste sit overnight, then wipe. Follow up with a 50/50 mixture of vinegar and water.



Tip #4

Remember to clean/replace your tools

**Surfaces are only as clean as the items you use
to clean them with.**

Can anyone give me an example of a tool that needs to be cleaned?

Bathroom



All surfaces in the bathroom can be cleaned with bleach.

Bleach is a strong cleaning product. While yes, we want all our areas to be clean, the bathroom is a place that can harbor various germs and bleach is a key product to helping keep those germs at bay, especially if you are sharing a bathroom with someone else.



Start by spraying the whole toilet down. Use one cleaning cloth to wipe down the exterior. Use another cloth to wipe the seat (wipe the surface of the seat first, then the underside). Use a toilet bowl brush to clean the bowl.



Start by spraying the whole shower down. Let the bleach sit for at least 5 minutes, scrub then rinse. Repeat as needed.

To deep clean the shower head, fill a sandwich bag with a little vinegar, tie the opening around the shower head and secure with rubber band. Turn on the hot water until filled and let it sit for at least 5 minutes. Wipe off shower head when done.



Spray the entire sink down. Use a mini grout cleaning brush around corners of the faucet.

Wipe down the knobs, then continue wiping the rest of the sink.

To deep clean the faucet, follow the same steps as for the shower head.



Tip #5

Multiple cloths for multiple areas

You should have designated cleaning cloths for each area. The same cloth that you use to clean the toilet should not be the same cloth you used to clean the sink,

Can anyone give me another example of this ?

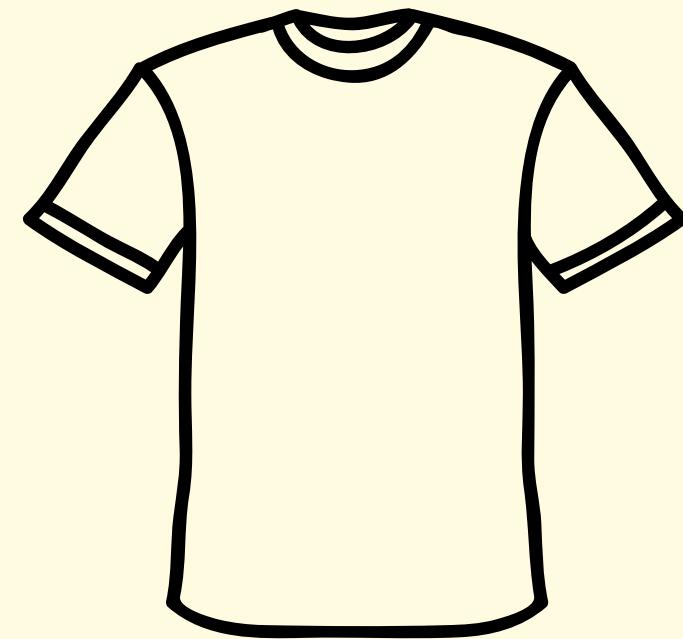
Bedroom/Laundry



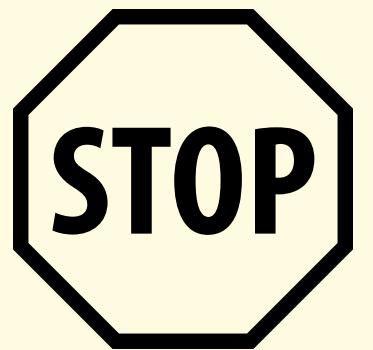
When it comes to washing clothing/bedding pick a detergent that works for you and your skin! For a deeper clean, you may incorporate a laundry sanitizer. For drying, you may use dryer sheets to add softness and a boost of fragrance. As an alternative to dryer sheets, adding $\frac{1}{2}$ cup of vinegar to the rinse cycle acts as a natural fabric softener and odor eliminator.



To freshen up your linen in between washes, you can spray a 50/50 mixture of alcohol and water. For the surfaces of your bed (bed posts, headboards, etc.), You can use the same alcohol mixture or an all purpose cleaner and a microfiber cloth.



Make sure to separate your clothes by darks and lights. This is mostly important when washing new clothing. Also, make sure to test new products on a small patch of the clothing to ensure it is safe to use.



Tip #6

Use Gloves

Some cleaning products (even the natural ones) can be harsh on the skin. Make sure to use gloves to prevent contact with cleaning products as well as keep your hands free from germs.

Quiz

- Instead of waiting for one day to clean everything, you should...
 - Before cleaning, you should _____ first.
 - Name 3 uses for white distilled vinegar.
 - _____ can be used to keep a refrigerator smelling fresh.
 - True or False. It's ok to use one cloth for multiple areas.
 - Wearing_____can protect your skin while cleaning.
- Name 3 products that can be used to clean the kitchen sink.
- Name 3 tools that can be used to clean.