



## Spring Cleaning Your Kitchen (WEEK ONE- DAY ONE)

### ***Before We Begin-***

Dust off your slow cooker and get some dinner in for the evening! Make sure that you have a **one hour block of time** for each task that we are going to accomplish this week. This week we will be focusing on our kitchen and making it a place that you will want to entertain in and enjoy sharing meals with your loved ones. My seven tasks, each week, might not be problem areas in your home so feel free to make substitutions with the things that are the most important to you. Good luck and be sure to document all of your amazing progress and share it with us!

### ***Meal Idea for Tonight:***

#### **Italian Veggie & Pasta Soup**

1 lb ground turkey

3 carrots - chopped very small

4 stalks celery

2 cans diced tomatoes - do not drain

2 cans red kidney beans - drained

3 cans beef broth

1 jar spaghetti sauce

8 ounces noodles - elbow macaroni works great

Brown the ground turkey in a skillet. Drain fat from turkey and place in the slow cooker. Add to the slow cooker all of the ingredients except for the pasta. Cook soup on low for seven to eight hours or on high for four to five hours. During the last thirty minutes (if on high) or one hour (on low) add the pasta.

## Day One

**Task to Accomplish:** Clean out the refrigerator

**Formula for Clean:** Break out two dishwashing tubs, a cookie sheet, a clean dishrag, a container of lemon juice, a dry terry cloth, and a new box of baking soda to accomplish this task.

Fill one of these tubs with two tablespoons of baking soda and one quart of warm water (no need to measure this, this is just an idea of how much to use). The cookie sheet will be used to put all of the condiments on and drawers are emptied into the other dishwashing tub to move items quickly in and out of the fridge.

Before cleaning the interior of the fridge, fill each drawer with the same amount of baking soda solution in each one and let the baking soda solution do the dirty work, in your drawers, while you are wiping out the inside of the fridge.

Use a rag to do the interior and just get the rag wet with the baking soda solution. Gently wipe the interior of the refrigerator and wipe off all of the surfaces and interior of the refrigerator. If the washing solution begins to look nasty, be sure to chuck it and get another tub full to clean with.

Go back to your drawers and empty them and wipe the interiors of these. Now place these back into the fridge and then take your dishwashing tub of solution and empty it into the sink. Refill the tub with just warm water and add a dash of lemon juice to the water. Now use your rag to do a final swipe using just this water & lemon juice solution. This will remove any grit that might be left in the fridge and the lemon juice will give it a nice fresh scent throughout too. Dry thoroughly with a terry towel.

Take your cookie sheet of condiments and make sure to give each of these a quick swipe with the rag before returning them. Half the battle is just not having clean items in your fridge and this is a good way to start fresh. Return all of the items in the other tub, at this time, to their proper homes. Now tuck your baking soda box in the fridge to help neutralize those odors!

**Stubborn Stain Removal:** For stuck on interior stains, you can sprinkle a little baking soda directly on the spot and add just a little water to it to make a paste. Allow this to set on the stain and then scrub gently and allow the paste to remove the gunk.

### EXTRA CREDIT:

Make sure that the door seals on the refrigerator, freezer compartment, or freezer are working efficiently by closing the door on a piece of paper. If the paper can be pulled out easily, the seal is worn and should be replaced.

Make sure to vacuum your refrigerator coils (located on the back of your fridge) twice a year. It is recommended that you do this more often if you have pets in the home. Just use your vacuum with the crevice attachment attached to the vacuum hose and give it a good vacuuming. The coils are located either on the bottom of your fridge or in the rear of your fridge. Doing this will save you money because if these are clean, your fridge won't have to work as hard lowering your bills!