



Spring Cleaning Your Kitchen (WEEK ONE- DAY TWO)

Before We Begin-

Does your fridge look nice and fresh? I bet you don't dread walking by it anymore and that has to feel good. No more science experiments growing? I feel a true sense of accomplishment, just having one task behind me. Let's continue making our kitchen the place we always dreamed of! Make sure that you have a **one hour block of time** for each task that we are going to accomplish this week. Good luck and be sure to document all of your amazing progress and share it with us!

Meal Idea for Tonight:

Slow Cooker Chicken-Lickin' Good Pork Chops

8 lean pork chops - 1 inch thick

1/2 cups flour

1 tablespoon salt

1 1/2 teaspoons dry mustard

1/2 teaspoon garlic powder

2 tablespoons oil

1 can cream of chicken soup - diluted w/ 1/3 c. water (10 oz can)

Mix dry ingredients. Dredge pork chops in mixture. Brown in oil in large skillet. Place browned pork chops in crockpot. Add can of soup. Cover and cook 6-8 hours

Day Two

Task to Accomplish: Deep cleaning our floors

Formula for Clean: The formula for clean will depend on the type of floors that you have in your home and the tools that you already have in your possession. Begin by removing all throw rugs and mats and either shake them out or throw them in your washer to clean these. Next you will want to sweep or vacuum the kitchen and (depending on how your home is set up) the entry hallway.

For carpeted kitchens and entryways, you can steam clean your carpets for deep cleaning. If you do not want to buy the commercial cleaners, simply fill a steam cleaner tank with the hottest tap water possible and throw in a cup (or two for a large tank) of white vinegar. Begin steaming as you do with the commercial cleaners and stand back in amazement as you notice that this inexpensive solution works just as well as the pricey cleaners. Don't worry, the smell will dissipate and you will be left with fresh-smelling carpets.

For mopping, fill a bucket with warm water and a small amount of cleaner or vinegar. Start in the farthest corner from the entrance and work your way backward toward the door. Mop as you go along, but be very careful to wring it out well to avoid sopping water from seeping into the floors. As soon as your water becomes murky, make sure to dump the water into the toilet and then get a fresh bucket of cleaner. Once, the floors are done, fill a bucket with clean water (no cleaners or vinegar) and go over it once more with the clean water and a mop.

Bring your rugs and mats back in and replace them on the floor.

EXTRA CREDIT:

As long as you are already mopping or steaming up the house, might as well continue. Try tackling other rooms in the house to save time on our future tasks!

Before you head to bed, grab your grill grates from your grill outside and put them in your oven. Run your self-cleaning cycle and head to bed. When you wake up you will have a clean oven and clean grill grates to begin your summer of grilling!