



Spring Cleaning Your Kitchen (WEEK ONE-DAY FOUR)

Before We Begin-

Day four of any activity always seems to be the hardest for me. I hope that the feelings of accomplishment you are getting will help you push through to the next day of activities. Just think of all that you have already gotten done. Need some motivation? Take a peek in that newly organized pantry! Let's get our dinner in the slow cooker so we can concentrate on the tasks at hand. 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 Ravioli

1 (25 ounce) bag beef or cheese ravioli

1 (26 ounce) jar pasta sauce

1 (8 ounce) can tomato sauce

1 cup water

1 cup shredded mozzarella cheese

Pour about half of the pasta sauce in the bottom of slow cooker. Add frozen ravioli. Pour additional pasta sauce, tomato sauce, and water over ravioli. Sprinkle cheese on top. Turn slow cooker on low and cook for four to five hours (until ravioli are tender).

Day Four

Task to Accomplish: Clean outside of fridge and under sink.

Formula for Clean: Break out your all-purpose spray, a clean microfiber cloth, and a Mr. Cleaner eraser. If you have a stainless steel refrigerator, you will need vinegar for this task.

The exterior of your fridge can often be overlooked, but it needs attention too. As a mother of two little ones, tiny little fingerprints and smudges are all over my fridge on any given day. To remove these, use an all-purpose spray on your fridge. Then use a microfiber cloth to clean the outside as it is still gentle on the appliance but also abrasive enough to remove any marks. Any scuffs still left? Break out your Mr. Clean Eraser (a mom's best friend!) You can find a generic equivalent of one of these at your local dollar store.

If you have a stainless steel appliance, dip your microfiber cloth into a little vinegar and give the outside of the fridge a good swiping with the vinegar. Then give the appliance another swipe with just plain water and dry thoroughly with a terry towel. If you have soft water, that won't show any water marks, you can just use the water to clean the exterior.

Now when was the last time you saw the top of your fridge? You might want to hop up there on occasion and give that a good wiping too. If you have a handheld vacuum, use that to suck up any crumbs and debris. After that, use the all-purpose cleaner and give that a good wiping down too.

The next task on the agenda is cleaning underneath your sink. Remove all of the items from inside the cabinet and then spray your microfiber cloth with an all-purpose spray and then swipe the interior of the cabinet.

Begin by weeding out items that you rarely use and put them in a donation box (dishtowels, rags, and anything else that is taking up space and not being used. If you are getting rid of cleaners, make sure to find out what the protocol is in your state for disposing of these.

Once everything is organized, you can sit back and relax!

EXTRA CREDIT:

Why not clean your cooktop since you are already in the kitchen? First, fill a sink with warm soapy water. Place all of the burner pieces gently inside of the sink and let them soak while you clean the top of your stove. At this point, you can also take the knobs off and let them soak too. Just make sure the knobs are in the off position and pull straight out to remove (**Side note:** It is also possible to put these items in the dishwasher, but I prefer to hand wash them because I think it is gentler on the pieces). Then you can spray all-purpose spray on the top of your range.

Let this soak in for a couple of minutes while you work on your side dishes for dinner.

Once the cleaner has done its work, take a soft damp cloth and wipe off the cleaner. If there are persistent spots that won't come up, you can try a couple of things to get them off. Pour a couple spoonfuls of baking soda on the spots and then make a paste out of this with a little water. Using the same soft cloth, gently try and get the stain up. If there is stuck on gunk, I take a different (but still gentle!) approach towards cleaning this. I use a Pampered Chef Scraper (if you don't have one of these, an old credit card is great) for getting this off. The important thing is that you are gentle with your actions, so it doesn't scratch up your appliance. Use the same gentle tactics on your glass oven door. I first try using glass cleaner. If that doesn't do the trick, you can try and get the gunk off with your handy credit card or plastic scraper. Be very careful though- you want to keep your stove looking nice!

If you have stainless steel appliances, you can use a stainless steel cleaner or a microfiber cloth dipped in vinegar and then a swipe of clean water (as mentioned for your fridge) Remember to chant, go with the grain, go with the grain, go with the grain as you are cleaning. Lastly, drain the sink and give your pieces a good rinse with cool water. At this point, you can just let them air dry or you can give them a dry with a soft towel and place them back on the stove.

Cleaning Tips for Other Types of Stoves

Stainless-Steel Cooktop Surface: Wipe with a sponge and a little dishwashing liquid or you can use a product for stainless steel cleaning. Be sure to dry thoroughly afterward with a clean microfiber cloth; otherwise you will have streaking. To remove stuck on gunk, soak the area with a towel dampened with hot water to loosen the material and then gently scrape with a rubber spatula.

Glass Ceramic Cooktop Surfaces: Wipe with a very lightly dampened cloth. This type of surface scratches extremely easy, in fact, even the gritty stuff that can get pushed around with a dirty sponge can cause damage. You have to be really diligent to clean spills as soon as they happen. If spills do harden, you can buy special cleaners for this type of surface (available at your local hardware store). Remember to never slide pans or metal utensils across the cooktop.

Porcelain Enamel Cooktop Surfaces: Clean as directed above, but realize that the porcelain enamel can become chipped very easily. If it does get chipped though, you can camouflage damage with a little appliance touch-up paint.