

Green Cleaning your Kitchen

You don't have to use harsh chemicals to get rid of dirt, germs and bacteria in your kitchen anymore. There are some fantastic eco-friendly products on the market that work just as well, without perpetuating your asthma and migraine headaches. Here are some tips on green cleaning your kitchen and some earth friendly products that will get the job done!

Countertops and Cabinets

To begin, spray your countertops with Seventh Generation All-Purpose cleaner and a microfiber cloth. Wipe surfaces, making sure to go under small appliances and knick-knacks. If you prefer to use a disinfectant, I suggest Seventh Generation Disinfecting Multi-Purpose Spray. It contains Thymol (derived from Thyme oil) that is proven to kill 99.99% of household germs. Next, clean the exterior of the kitchen cabinets with the All-Purpose spray, also using a microfiber cloth.

Sink

For a sparkling kitchen sink, I recommend Better Life's Even the Kitchen Sink Scrub. It is great on tough stains, but won't scratch surfaces. Using a toothbrush, scrub around the base of the faucet and around the rim of the drain. Scrub and rinse the sink, and polish the faucet using the All-Purpose Spray and a microfiber cloth. Finish up by pouring 2 -3 drops of liquid dish soap down the drain and run with hot water.

Appliances

Moving on to appliances, clean the inside and outside of the microwave using the All-Purpose Spray. For tough, caked on food, put a cup on water in the microwave and heat for 1 minute. This will loosen any food and makes it easier to wipe clean. The stovetop can also be cleaned with Better Life's sink scrub for tough jobs. Rinse clean and polish with the All-Purpose Spray and a microfiber cloth. For stainless steel appliances, I recommend Better Life's Einshine or Seventh Generation All-Purpose spray. With either product, spray and wipe clean with a microfiber cloth, then buff with a dry cloth going in the direction of the grain.

Suggested Products

Seventh Generation Natural All-Purpose Cleaner



<http://www.seventhgeneration.com/All-Purpose-Cleaner>

Seventh Generation Disinfecting Multi-Surface Cleaner



<http://www.seventhgeneration.com/Disinfecting-Cleaner>

Better Life's Even the Kitchen Sink Scrub



<http://www.cleanhappens.com/products/eventhekitchensink/default.aspx>

Better Life's Einshine



<http://www.cleanhappens.com/products/einshine/default.aspx>

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