



30-Day Cleaning Guide

Strapped for time? Follow this quick-tip guide to keep your home clean and healthy.

For more tips and advice on creating and maintaining a healthy home, visit healthystartsat home.org.

Week 1: Kitchen

- 1 Sanitize sponges diluted bleach—read the instructions for specific dilution ratios.
- 2 Take out trash and wipe down the garbage cans with a disinfectant or other cleaner.
- 3 Clear clutter from kitchen counters where ants, fruit flies, and roaches may hide and disinfect countertops; let sit for 5 to 10-minutes or as indicated on the label for effective germ elimination.
- 4 Gather oven cleaning supplies (store-bought cleaner, rubber gloves, pumice, goggles, newspaper) and scour the oven and stove top and follow cleaning product label instructions.
- 5 Clean and sanitize frequently used kitchen appliances (refrigerator, microwave, toaster, coffee pot), especially from food splashes and stains.
- 6 Eliminate risk of ants, fruit flies, and roaches by making sure no faucets are leaky and all drains work properly.
- 7 Sweep and mop the kitchen floor.

Week 2: Bedrooms

- 8 Declutter bedrooms by storing clothes, electronics, and shoes in closets, dressers, and or nightstands.
- 9 Wash and replace all bedsheet and pillow cases.
- 10 Wash all soiled laundry—read laundry detergent label for proper detergent amount per load size.
- 11 Fold or hang all clean laundry.
- 12 Collect and take out all garbage.
- 13 Vacuum and or sweep and mop the floor.
- 14 Dust surfaces including nightstand, bookcases, headboard, dressers, fans, and picture frames.
- 15 Disinfect all surfaces and door knobs.

Week 2: Bathrooms

- 16 Organize and store bath, body, hair and cleaning supplies in a high, dry place.
- 17 Clean and sanitize all mirrors—try a glass cleaner for extra shine!
- 18 Use toilet brush to clean and scrub away stains.
- 19 Clean and disinfect sinks and countertops.
- 20 Ventilate the bathroom, then treat bath and shower tile for mildew.
- 20 Scrub the bathtub and shower walls.
- 22 Wash shower curtain and liner in the washing machine. No washing machine? Hand scrub with warm soap and water.
- 23 Wash towels and bath mats.
- 24 Sweep then mop—towel dry the floor or close door to avoid slips and falls.
- 25 Disinfect all door knobs.

Week 4: Living Space

- 26 Disinfect all surfaces including phones and other entertainment devices.
- 27 Use a soft cloth to clean blinds and window sills.
- 28 Remove all items from bookshelves and wipe them with a microfiber cloth.
- 29 Seal any holes and passages along ceilings, walls, and floors to prevent insects and pests.
- 30 Consider freshening the air with a spray, plug in or oil diffuser.
- 31 FREE DAY—Congrats on completing a month of cleaning!

Make it a Magnet!

You're more likely to remember your weekly tasks when they're right in front of you, mounted on the fridge. Use them to post your grocery and cleaning supply list to restock for the coming week. Making a magnet is easy. Gather the kids, get your supplies and follow these easy steps below. You can use the page above to create one large magnet, or cut along the dotted lines to make four smaller magnets, one for each week.

You will need:

- Adhesive magnet (available at craft, hardware and some grocery stores)
- Laminating paper or small wooden blocks cut to fit image size (available at craft store)
- Modge Podge and disposable foam sponge brush to apply
- Scissors
- This guide printed out

Step One: Cut out the images below along dotted lines.

Step Two: For a flat magnet—lamine the paper. For a three-dimensional magnet—cut wood block(s) to appropriate size and use Modge Podge to glue paper onto block(s). *Note:* If using wood blocks, consider painting the sides a fun color before you glue the paper down. Be sure to let paint dry before applying any Modge Podge

Step Three: Apply adhesive magnet to the back of the wood block(s) or laminated image(s).

For more tips and advice on creating and maintaining a healthy home, visit healthystartsathome.org.