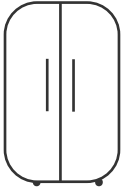


# KITCHEN CLEANUP WITH GYGI

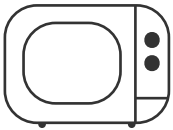
We believe life is better in the kitchen! So, let's make it a fun and efficient place to be. Follow our tried-and-true cleaning methods to spruce up your kitchen, one appliance at a time.

## fridge + freezer



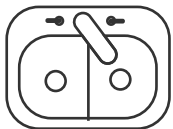
- one at a time, empty entire fridge or freezer, toss unwanted food.
- remove shelves & drawers, clean with warm, soapy water.
- wash interior of fridge/freezer, don't forget the gasket!
- **extra credit:** use *plastic scraper* for removing sticky residue.
- replace shelves & drawers, replace food (clean sticky residue on food bottles if applicable).
- clean fridge/freezer exterior.
- **extra credit:** pull out fridge and vacuum coils.

## microwave



- pour 1 cup of white vinegar into a microwave safe bowl.
- place a **wooden** spoon or skewer in the bowl.
- place bowl in microwave and microwave it for 5-10 minutes.
- let sit for an additional 5 minutes before opening.
- remove bowl and wipe out microwave with a cloth.
- **extra credit:** use *bar keeper's friend* and rag to remove stubborn marks/stains.
- wipe down the outside of the microwave.

## sink + disposal



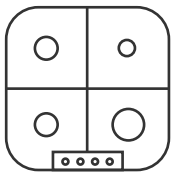
- starting with the disposal, use a soapy rag or long handled brush to reach inside and scrub the bottom, sides and top of the unit.
- **extra credit:** use *plink*, lemon or other citrus rinds or wedges in the disposal while running to freshen smells.
- **extra credit:** drop ice cubes and some coarse salt in the disposal and while it runs, the ice and salt will help to clear away any sludge left behind.
- to clean the sink, wipe down the entire surface with a wet, soapy rag and don't forget all the little edges! Wipe again with a dry rag.
- **extra credit:** use our special weapon *bar keeper's friend* to get a clean that's extra satisfying.

## oven



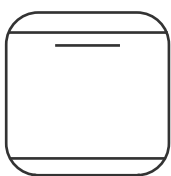
- preheat oven to the lowest temperature it will heat to (150-200).
- while preheating, fill an oven safe pot about halfway with water and set to boil. also pour 1 cup of ammonia in a separate oven safe glass bowl.
- once preheated, turn oven **off** and put the pot of boiling water inside the oven on a lower rack.
- put the bowl of ammonia on an upper rack.
- shut oven door and leave for 12-18 hours.
- after the sit time is complete, pour the bowl of ammonia into a quart of soapy water and add a rag to the mixture.
- use the wet rag from the ammonia/dish soap mixture to clean the interior of the oven.
- **extra credit:** for an extra clean or spot clean, you can use *bar keeper's friend*.

## stovetop



- start by wiping loose debris off the stove with a rag.
- either get the rag wet and ring it out over the stove or spritz water from a spray bottle to wet the whole surface.
- sprinkle *bar keeper's friend* over the wet surface. let sit for 5 minutes for extra stuck-on residue but do not let dry.
- scrub with a non-abrasive cleaning sponge or scrub brush.
- once all the scrubbing is done, simply wipe clean with a rag.

## dishwasher



- clear grit and grime from your dishwasher by choosing an acid to use during a short wash cycle:
  - citric acid
  - white vinegar
  - lemon juice
- dry ingredients are to be used inside the detergent dispenser.
- wet ingredients can be left in a bowl or cup on the top rack.
- after wash cycle is complete, wipe interior clean with a wet, soapy rag.
- wipe down the spray arm with a dish cloth. it can be removed as well to clean any build up underneath. use a pipe cleaner or sewing needle to remove food particles, bits of paper or other debris from the spray arms' holes.
- follow manufacturer's instructions for cleaning your dishwasher filter.