



Home Cleaning CHECKLIST

Make safe and natural **ARM & HAMMER™ Baking Soda** your best cleaning partner with this start-to-finish checklist. Print or save to your phone for easy reference!

DIY NATURAL CLEANER SODA SPRAY

HOW TO MAKE NATURAL CLEANER SODA SPRAY

What you need:

- Empty spray bottle
- Water
- **ARM & HAMMER Baking Soda**



Directions:

1. Fill spray bottle with water
2. Add 2 teaspoons of **ARM & HAMMER Baking Soda**
3. Swirl mixture until blended

ROOM BY ROOM CHECKLIST

GATHER THESE ITEMS: 1) **DIY NATURAL CLEANER SODA SPRAY** 2) **BUCKET** 3) **SPONGE/CLEANING CLOTH** 4) **VINEGAR** 5) **ARM & HAMMER BAKING SODA**



KITCHEN

- Clean the ick inside your microwave: add a microwave-safe bowl with **Baking Soda** + water; heat on high for 5 min.; remove bowl and wipe clean!
- Clean kitchen sink: sprinkle it with **Baking Soda**, scrub with sponge/cloth, rinse!
- Wipe down counters and appliances with **Natural Cleaner Soda Spray**.
- Sweep, then wash the floor with ½ cup **Baking Soda** + bucket of water and sponge/mop.

- Clean dishwasher: 1) place 1 cup vinegar in a bowl on top rack of empty dishwasher and wash on hot, regular cycle. 2) sprinkle **Baking Soda** liberally inside the dishwasher and run a short hot-water cycle.
- Clean out and wipe down the fridge + freezer with **Natural Cleaner Soda Spray**.

PRO TIP: Leave an open Baking Soda box in your fridge to absorb odors for 3 months!



BATHROOM

- Wipe shelves, cabinets, vanity, and surfaces with **Natural Cleaner Soda Spray**.
- Clean sink and tub/shower with Clean Bathroom Soda: fill a bucket with ½ cup **Baking Soda** + water; wipe with sponge/cloth.
- Clean toilet bowl: pour 1 cup **Baking Soda** + 1 cup vinegar in toilet bowl; let sit 30 min.; scrub and flush!
- Sweep, then wash the floor with ½ cup **Baking Soda** + bucket of water with sponge/mop.
- Scrub tile grout with **Baking Soda** and a toothbrush; wipe with damp sponge/cloth.



BEDROOM/LIVING ROOM

- Clean and deodorize your couch, carpets, and mattresses: sprinkle an even layer of **Baking Soda** to absorb odors; let sit; vacuum it up!
- Dust furniture and surfaces, wipe baseboards and window sills
- Clean mirrors, computer screens, and TV screens
- Clean windows
- Wash sheets and bedding

PRO TIP: Add ½ cup Baking Soda to wash load to help neutralize odors



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