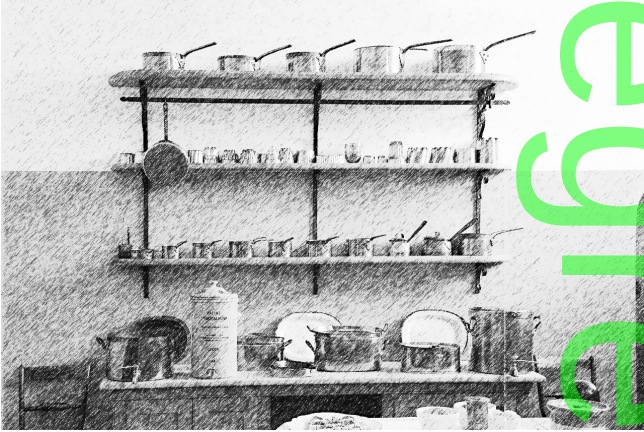


## *Kitchen cleaning chart*



- *Use Hydrogen peroxide to disinfect chopping boards, fridge, sponges*
- *Clean work surfaces with a mixture of bicarbonate soda, white vinegar and water*
- *Clean ovens with a paste of bicarbonate soda and water - leave it on for three hours or overnight before wiping it off with a wet cloth*
- *Clean cooker hobs with liquid soda crystals/bicarbonate soda and white vinegar - use some washing up liquid to take off grease*
- *Rub half a lemon on a glass cooker hob*
- *Use a washing-up liquid made from a mix of liquid soap, bicarbonate soda and soda crystals*
- *Use your home made dishwasher powder*

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