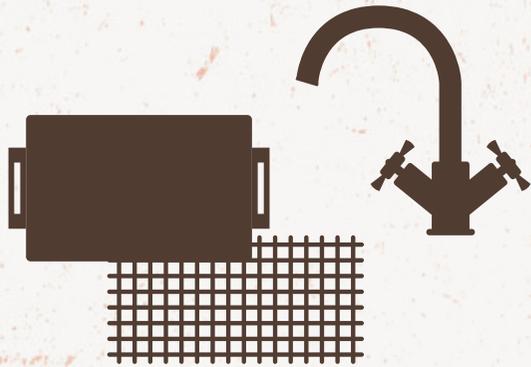


HOW TO CLEAN YOUR OVEN

Once a month.
Clean mess as
it happens

1



Make sure your oven is cold. Take out shelves and scrub them in the sink with hot soapy water.

2



Use oven cleaner to wipe down inside the oven. Rub hard to get all built up, oil and grease stains.

3



Wipe inside with a cloth. Wipe clean the outside of your oven.

4



Put dry shelves back and be proud of your clean oven. Clean sink properly.

TIPS to a healthy home



You can also use 3 teaspoons bi-carb soda and 1L of water to clean.



Place aluminum foil sheet on oven bottom when cooking to catch spills. Change each time you use.



Let your oven heat up to the temperature before putting food in.

This local community campaign material is funded by the Australian Government Department of Health and Aging. EON is supported with funding from Regional Development Council, Royalties for Regions, Indigenous Land Corporation and WA Department of Health.

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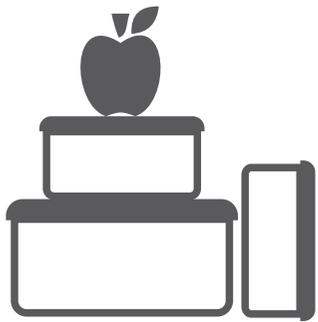


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HOW TO CLEAN YOUR FRIDGE

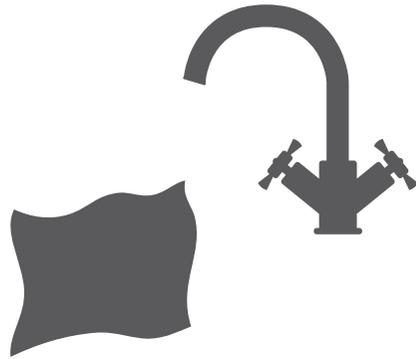
Once a month

1



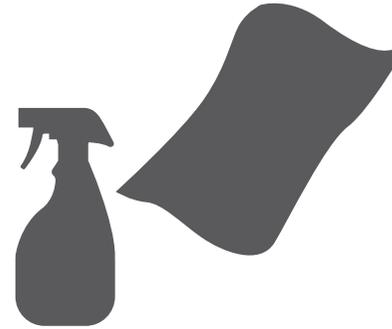
Take out all food and put aside. Throw out all old food – to stop smells and mould.

2



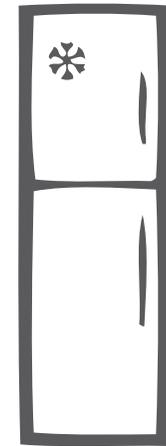
Remove all shelves and drawers. Wash in sink with hot soapy water and a cloth.

3



Wipe down the inside and outside with multipurpose spray and cloth.

4



Put clean, dry shelves and drawers back in fridge, then the food.

TIPS to a healthy home



Wipe up spills as soon as they happen.



Cover/seal food to keep it fresh and stop smells.



Keep a small open jar of bi-carb soda in fridge to stop smells.

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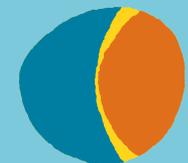
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HOW TO UNCLOG YOUR DRAIN

Once a month

1



For a moderately clogged drain.

Pour ½ cup of baking soda followed by ½ cup of vinegar.

2



The drain will foam, make sure there is nothing in or around your sink.

3



Let this sit for 3 hours or overnight before running hot water.

If this does not work try:

- Pour ½ cup of salt and ½ cup of baking soda down the drain.
- Followed directly by a kettle full of boiling water.
- Let this sit overnight before running any water down the drain.

TIPS to a healthy home



Do this every fortnight in kitchen and bathroom to avoid build up.



Do not put any food or oil down the drain, as it will clog your sink.



You may need to do this a few times if drains are dirty.

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HOW TO CLEAN YOUR TOILET

Once a week

1



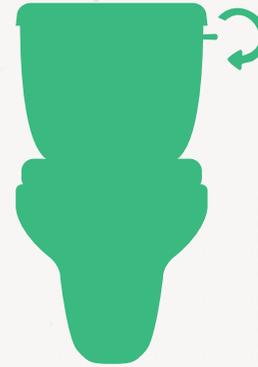
Squirt toilet cleaner inside the bowl, down the sides and under the lid, Let it sit for 15 minutes.

2



Scrub the entire bowl with a toilet brush.

3



Flush the toilet to rinse the bowl and brush, repeat several times.

4



Spray the outside of the toilet with disinfectant spray and wipe down with a cloth. Wash your hands after cleaning.

TIPS to a healthy home



Flush after every use to stop the pipe blocking, as well as unwanted smells.



Do not put anything other than toilet paper in the toilet.



Cheap alternative to toilet cleaner is to use bleach.

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HOW TO MOP YOUR FLOORS

Once a week or after a spill

1



Sweep your floor before you mop to stop spreading the dirt.

2



Fill a bucket with hot water and a cap full of floor cleaner.

3



Squeeze out water. A damp mop works better than a wet mop.

4



Start in the corner and work backwards so you don't walk on your clean floor.

TIPS to a healthy home



Too much soap will make your floor sticky.



Put dirty mop water down the drain rather than in your garden.



Wash your mop after use and hang to dry outside.

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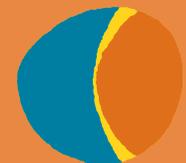
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HOW TO CLEAN YOUR SHOWER

Once a week

1



Clear everything from your shower and spray mould cleaner or Ajax over the tiles and tub. Wipe down with a cloth and rinse with water.

2



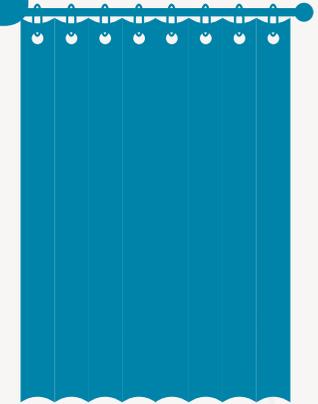
Remove dirt on tiles or tough stains by scrubbing well using an old toothbrush, and a small amount of bleach.

3



Remove all dirt from drain.

4



Clean your shower curtain using Ajax and a cloth. Wash your bath mat in the laundry. Rinse down all soap from shower.

TIPS to a healthy home



If shower head is getting old or weak, remove it and soak in vinegar. Brush dirt loose with an old toothbrush, then screw back on.



Wear rubber gloves when using cleaning products.



Use 1 cup of bicarbonate of soda, and 1 cup of vinegar instead of bleach.

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HOW TO WASH DISHES

After every meal

1



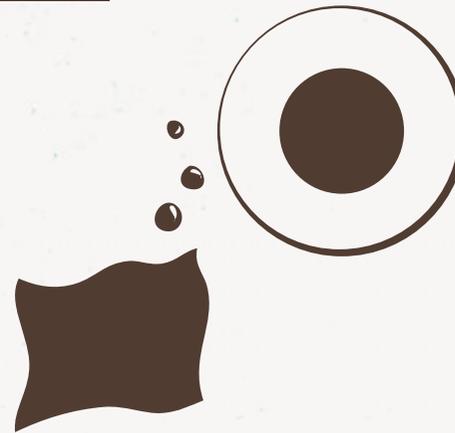
Scrape all leftover food into bin.
Do not put down the drain.

2



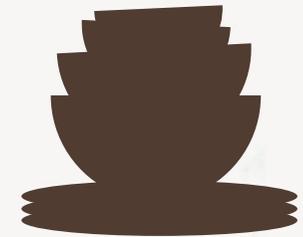
Fill sink with the hottest water you can tolerate and add a squirt of dishwashing detergent.

3



Put each dish into the water individually and thoroughly scrub with cloth until clean.

4



If dishes are soapy give them a quick rinse, and stack on side of sink or dry with tea towel.

TIPS to a healthy home



Do not use too much detergent as it will make dishes sticky and waste water rinsing.



Do the dishes after every meal to stop pests and bacteria growing.



For very dirty dishes soak for 10 minutes in hot soapy water.

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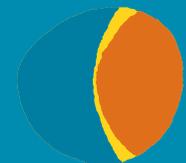
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