

Cleaning Tips For the Holidays

By **Robin Murphy**

The holidays are just around the corner and if you're hosting a party this year you are likely have a lot to prepare—including cleaning your kitchen.

Did you know that regular, everyday household cleaning products can contribute to allergies, asthma, dyslexia and birth defects, to name a few? Did you know that they can also increase indoor pollution, pollute the soil, ground water and air, produce greenhouse gases and contribute to global warming?

Here are a couple of environmentally-friendly and healthy stove cleaning tips:

1. Create a mixture of water and baking soda and use it to coat the surfaces of your oven. Let it sit overnight and then scrub off.

2. Spray on your oven a combination of two tablespoons of liquid soap, two teaspoons of borax and warm water. Let the mixture sit about an hour and scrub it off.

These products work because baking soda is an abrasive and water-soluble and vinegar sanitizes and deodorizes.

However, if you're not one to concoct your own green cleaning mixtures, check out some local stores that carry such eco-friendly, or "green" cleaners as Seventh Generation and Mrs. Meyer's Clean Day: Mrs. Green's (Mount Kisco, Briarcliff Manor); Target (Mount Kisco); Whole Foods Market (White Plains); Kitchen Solutions or Waves Ltd.; or (Pleasantville) D'Agostino Supermarkets (Chappaqua).

Robin Murphy is president of Maid Brigade, the Green Clean Certified™ maid service. Maid Brigade's teams utilize green processes and solutions with such advanced cleaning tools as microfiber mops and vacuums with HEPA filters to deliver a greener clean. For more information, visit www.maidbrigade.com or call 888-525-6243.