



Spring Cleaning Checklist

Refresh your home this Spring with a thorough, health-conscious clean! Use non-toxic products for a safe and vibrant space.

Task	Description	Check
General Areas		
Declutter	Sort closets, drawers, and storage—donate, recycle, or discard unused items.	
Dust Surfaces	Wipe shelves, furniture, ceiling fans, and light fixtures with a damp cloth.	
Vacuum/Sweep Floors	Clean all floors, including under furniture and in corners.	
Mop Floors	Use a non-toxic cleaner for a fresh, safe finish.	
Wipe Baseboards and Door Frames	Remove dust and grime with a gentle cleaner.	
Clean Windows and Mirrors	Use a vinegar-based solution for streak-free shine.	
Wash Curtains/Blinds	Launder or dust to remove winter buildup.	
Kitchen		
Clean Appliances	Wipe fridge, oven, microwave, and dishwasher with eco-friendly products.	
Degrease Stove and Hood	Use baking soda and vinegar for grease.	
Organize Pantry	Check expiration dates, wipe shelves, and reorganize.	
Scrub Sink	Disinfect and polish with a non-toxic solution.	

Clean Cabinet Exteriors	Remove fingerprints and smudges.	
Bathrooms		
Scrub Tiles and Grout	Brighten with a natural cleaner (e.g., hydrogen peroxide mix).	
Clean Toilet	Use a non-toxic bowl cleaner and wipe exterior surfaces.	
Wash Shower Curtain/Liner	Launder or replace if moldy.	
Clear Drains	Unclog naturally with baking soda and vinegar.	
Restock Essentials	Check towels, soap, and toiletries.	
Bedrooms		
Wash Bedding	Launder sheets, pillowcases, and comforters; air out mattresses.	
Rotate Mattress	Flip or rotate for even wear.	
Dust Headboard and Frames	Wipe with a damp cloth.	
Organize Closets	Sort clothes, shoes, and accessories—pack away winter items.	
Living Areas		
Vacuum Upholstery	Clean sofas, chairs, and cushions with an attachment.	
Wash Throw Pillows/Blankets	Refresh fabrics with a gentle wash.	
Clean Electronics	Dust TVs, remotes, and speakers with a microfiber cloth.	
Rearrange Furniture	Refresh layout and clean hidden areas underneath.	
Outdoor Spaces		
Sweep Porch/Patio	Clear debris and cobwebs.	
Clean Outdoor Furniture	Wipe with mild soap solution and rinse.	

Wash Exterior Windows	Remove dirt from outside panes.	
Tend to Entryways	Clean doormats and door frames.	
Health and Safety		
Replace Air Filters	Improve indoor air quality post-winter.	
Check Detectors	Test smoke/carbon monoxide detectors and replace batteries if needed.	
Ventilate	Open windows during cleaning to refresh air and reduce fumes.	

Non-Toxic Cleaner Recipes	Make your Own Cleaner!!!	
All-Purpose Cleaner	Mix 1 cup water, 1 cup white vinegar, 1 tsp dish soap in a spray bottle.	
Glass Cleaner	Combine 1 cup water, 1/4 cup vinegar, 1/4 cup rubbing alcohol in a spray bottle.	
Grease Cutter	Sprinkle baking soda on grease, spray with vinegar, let fizz, then wipe clean.	
Bathroom Scrub	Mix 1/2 cup baking soda, 1/4 cup hydrogen peroxide, 1 tsp dish soap into a paste.	
Drain Cleaner	Pour 1/2 cup baking soda down drain, follow with 1 cup vinegar, flush with hot water.	

Tips for Success

- **Start Small:** Tackle one room or task at a time to stay motivated.
- **Gather Supplies:** Use non-toxic cleaners (vinegar, baking soda, eco-friendly sprays), microfiber cloths, vacuum, and gloves.
- **Enlist Help:** Share tasks with family or hire professionals like AlvaCleen for a safe, thorough clean.
- **Take your time:** Don't Rush—You don't have to finish in one day. Relax enjoy the process