

How to clean your **Kitchen** the Teepol way with our very own Queen of clean Lynsey



Everyone wants to have a clean home for their family and friends. And now you can learn how to clean a kitchen in a few easy steps with me, Lynsey Crombie and the right Teepol products.

Be Prepared

First you will need cleaning cloths, sponges, a mop, bucket, dustpan and brush. Along with the following Teepol products: Glass & Window Cleaner, Kitchen Cleaner Spray, Gold Detergent, BGS Cleaner, Stainless Steel Cleaner, Bactericidal Hard Surface Cleaner, Lemon Floor Cleaner and Descaler. You might also need some Cream Cleaner.

Cleaning any room efficiently and effectively takes some practice but once you learn how to clean a kitchen you will be able to easily maintain it. Read on to learn how to deep clean your kitchen.

Surfaces

The kitchen contains more germs than any room in the house. Yes, even more than the toilet! Cleaning the kitchen surfaces can help keep your home healthy.

- From back to front, spray the surfaces with Teepol Kitchen Cleaner/Sanitizer that cleans and sanitizes all in one. With its spray on, wipe off action it is easy and safe to use. Kills 99.9% of germs and is food safe conforms to EN1276
- Use Teepol Kitchen Cleaner/Sanitizer to disinfectant outside of the bin then wipe out the inside making sure you get into the corners. Before replacing the bin-liner, spray the inside of the bin with Teepol Bio Odour Controller – this will keep the bin smelling fresh and clean.
- Wipe down cabinet doors, tiles, counters and walls with a cleaning cloth and Teepol Citrus Multi-Surface Cleaner. Grease and grime can build easily on these surfaces. For an odour free cleaner use Teepol Universal Cleaner BGS.
- Clean crevices around the sink and taps with an old toothbrush and Teepol Limescale Remover - perfect for cleaning those hard to get spots.
- Flush drains with boiling water once a week and use Teepol Drain Cleaner to maintain a problem free drain system.
- Wipe down the inside and outside of dishwasher doors with Teepol Kitchen Cleaner/Sanitizer spray remembering to do the seals where dirt and grease can build up. Also clean the filter out and wash using Teepol Gold Detergent to remove any grease build up.



- Sweeping daily helps to prevent dust and grime build-up. As needed, mop over hard, non-porous floors with Teepol Lemon Floor Cleaner, dilute in hot water.

Lynsey's Top Tip: *If you wipe the chrome taps and stainless steel sink over with a little Teepol Descaler on a cloth they will shine and it will remove any water mark!*

Large Appliances

- Clean the hobs with Teepol Oven & Kitchen Degreaser or Teepol Universal Cleaner BGS - both of these can be sprayed on and wiped of with a damp cloth. If necessary, take out the burners to clean separately with Teepol Gold Detergent and warm/hot water.

Lynsey's Top Tip: *to make this job easy clean down hobs soon after use or if you have a spill you can also use a little bit of Teepol Cream Cleaner on the most stubborn marks!*

- Remove the control knobs if really greasy and wash them in Teepol Gold Detergent and the areas behind where they sit.
- The easiest way to clean the fridge is to remove the contents. The racks and food bins can all be removed for easy cleaning, wash in sink using hot water and Teepol Gold Detergent. Once this is done spray the whole inside with Teepol Kitchen Cleaner/Sanitizer - this will clean and freshen your fridge all in one. Remember to clean all the rubber joins and seals, dry inside the fridge before refilling with your food items.

Small Appliances

- Most kitchens have a few small appliances - these can be where a lot of germs hide in the kitchen. Remember that when cleaning the kitchen this means cleaning these items too.
- Remember when wiping over the toaster with Teepol Kitchen Cleaner/Sanitizer to empty the toaster of crumbs.
- Wipe down the outside of the microwave with Teepol Kitchen Cleaner/Sanitizer and clean the interior with warm water and some Teepol Gold Detergent. Remember it is like a box so clean under the top.

Lynsey's Top Tip: *to get into the corners if you have a spill in your microware you can use a toothbrush with a little bit of Teepol Gold Detergent!*

- Wipe over the kettle with a cloth and some Teepol Descaler - this will not only remove any limescale but clean and shine the kettle.
- Regularly flushing out the kettle with a Teepol Descaler and water solution will prolong the life of the kettle and keep the filters scale free.
- For all other items wipe over with a cloth and Teepol Cleaner/Sanitizer.

If you have any other kitchen item you would like to get tips on cleaning using Teepol products contact us on sales@teepol.co.uk and we will be happy to help.

Other Kitchen areas

- The kitchen is the most used room in the house it really is the “Heart of the Home” And like all hearts it needs to be looked after and kept healthy.
- When cleaning the floor use Teepol Lemon Floor Cleaner or for a fragrance free option use Teepol Bactericidal Hard Surface Cleaner - both can be diluted in warm/hot water and used to mop the floor.
- Spray Teepol Kitchen Cleaner/Sanitizer onto a cloth and wipe down all other items in the kitchen, stools, chairs, benches, doors, door handles, towel holders etc.

Lynsey's Top Tip: on high traffic areas spray some Teepol Universal Cleaner BGS on to the floor this will start to break down any marks or stains to make mopping easy!

