

Spring cleaning

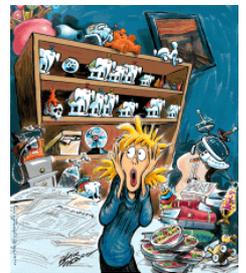
Household Spring-Cleaning Tips:

It's a good time of the year to beat the dirt, dust and disorder that has accumulated in your house over the winter months. Below are some of the tips to accomplish this task in an efficient and environmentally friendly way.

1. Start by Decluttering:

When it comes to your spring cleaning, downsizing your home and decluttering the things you no longer need should be your first step.

Simplify your surroundings. Clear out any unnecessary belongings and donate whatever you can, recycle what's left, and then use the trash as your last option. You will be amazed at how eliminating clutter can decrease stress and open up positive energy in your environment.



2. Use Natural Cleaners:

Freshen up your home naturally with products that do not harm your family or the environment. Simple, natural products like baking soda, vinegar, lemon juice, soap, water, and a bit of elbow grease will cover most of your cleaning naturally and work wonderfully. See the "Easy Green Cleaning Recipes You Can Make at Home" flyer for more specific ideas. Some companies are now even offering "green" cleaning alternatives, which are better for the environment.



3. Skip the Paper Towels:

As you're wiping down counter tops and windows, try to avoid using paper towels (which are made from tree pulp). Use reusable cloths, or even old socks. You can wash and reuse these items many times.



4. Open Your Windows:

As soon as it's warm enough, open your windows to let in fresh air. Believe it or not, the air outside your home is up to 100 times cleaner than the air *inside* your home. Unless you live near a heavy industrial area, you'll likely benefit from keeping your home's windows open as much as possible. Even when it is cold outside, you may still consider opening windows for a few short minutes to air out your home.



Madison Health Department