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Green Clean Your Kitchen in 10 Minutes or Less

Green Cleaning Experts from Maid Brigade Reveal Natural Cleaning Tips and Tricks

ATLANTA— Most people do not like to clean. In fact, more than 78 percent of women feel they work a “second shift” when it comes to their daily household responsibilities, according to findings from the recent [Work/Life Balance Survey](#) conducted by Maid Brigade.

“It is possible to clean your home quickly and effectively without using traditional household cleaners laden with toxic chemicals,” says Marie Stegner, consumer health advocate for [Maid Brigade](#). “The microwave, sink, and even kitchen countertops can all be cleaned in minutes with just lemons, vinegar, and salt!”

Recently, Stegner teamed up with Leslie Reichert – author of [The Joy of Green Cleaning](#) and a Maid Brigade Advisory Board Member – to create a [DIY! Green Cleaning video](#) that demonstrates the methods and recipes for easy, green kitchen cleaning.

To ease the daily burden of keeping a clean and healthy home, Stegner, Reichert, and the cleaning experts at Maid Brigade offer the following tips to green clean your kitchen in 10 minutes or less.

Microwave

Pour 1 cup of water and 2 tablespoons of lemon juice in a microwave safe bowl. Place in the microwave for 3 minutes. Carefully remove the bowl, as it may be hot. With a microfiber cloth, wipe down the inside of the microwave to remove any food particles. The acid in the lemon juice loosens food particles, making them easy to remove.

Sink

Cut a lemon in half. Put salt on a flat surface and press the face of the lemon on the salt to coat. Use the lemon to scrub the sink. The lemon juice and salt combination leaves a clean sink with no chemical smell.

Countertops

Pour 1 cup of water, 1 cup of vinegar, and 2 tablespoons of lemon juice in a clean spray bottle. Shake to mix. Spray countertops and wipe with a microfiber cloth. The natural acid in the vinegar and the lemon juice cleans and shines the surfaces. Be careful not to use on granite countertops as over time the mixture breaks down the seal.

For more green cleaning tips check out [Stegner’s blog](#) or the Maid Brigade [DIY! Green Cleaning Video Series](#).

About Maid Brigade

Headquartered in Atlanta, Maid Brigade is the only [house cleaning service](#) that is Green Clean Certified® with more than 400 franchise service areas in the United States and Canada. Established in 1979, Maid Brigade is the green cleaning industry leader and has a longstanding legacy of providing quality customer service and consistent and thorough cleaning using the most advanced techniques and equipment. The company has also implemented a consumer advocacy program in response to reports from the Environmental Protection Agency linking chemicals in traditional cleaning products to a wide range of health risks. For more information visit www.maidbrigade.com or call 866-800-7434.

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