

What to clean and when

Daily

- Wash the dishes
- Wipe kitchen table & counters
- Take out the garbage & recycling

Weekly

- Dust
- Vacuum/Sweep & mop all floors
- Scrub bathroom & toilet
- Clean stove and oven

Monthly

- Clean inside of the fridge
- Clear shower floor drain
- Wash sheets and towels
- Clean the kitchen fan filter

Check out our cleaning instructions:



Cleaning product guide

You will need these cleaning supplies:

ALL PURPOSE CLEANING

Example: Grön såpa / Soft soap (green)

Såpa is non-toxic and can be used for surfaces, toilet, stovetop, inside oven and mopping floors. Dilute according to the bottle and swab with damp mop. Use only TREND floor cleaner for Teknikringen flooring.

WASHING-UP LIQUID

For dishwashing, greasy stains and kitchen surfaces.

2ml liquid is enough for 5 liters of water.

WHITE VINEGAR

For limescale removal.

Use in bathroom on tiles and porcelain surfaces, shower walls and in toilet. Always use rubber gloves! Apply on a sponge or brush. Scrub the areas and rinse with water.

MICROFIBER CLOTHS

Use on stainless steel, any surfaces, cabinet doors, mirrors, etc. For dusting, use the cloth dry. For cleanup and polish, wet the cloths in hot water.

Machine wash microfiber cloths and mop heads with regular detergent weekly, do not use softener.

DISHCLOTHS & SPONGE

TOILET BRUSH

BROOM AND DUSTPAN OR VACCUUM CLEANER

VACCUUM CLEANER BAGS

PAPER TOWELS

RUBBER / PLASTIC GLOVES

GARBAGE BAGS 2-4 LITERS

We recommend using cleaning products labeled with the Nordic Swan Ecolabel

