NATIONAL CLEAN OUT YOUR REFRIGERATOR DAY IS NOVEMBER 15TH!

Does anyone know that in November, on the 15th, we celebrate National Clean Out Your Refrigerator Day? If you seem unable to get around to it, or just really dread this job, stop putting it off and make the time now. If you’re lucky enough you may have just the right ingredients to make a tasty soup or yummy casserole for dinner!

Improperly stored foods, leftovers, spills, mold, mildew, and bacteria are common problems. To keep your refrigerator running properly and your family safe from food borne illness, a thorough cleaning is recommended at least once-per-year. What better time than before the heavy use of the upcoming holiday season? So get out your cooler; put a heavy duty liner in your trash can and refer to your use and care manual or follow these easy steps.

1. Turn it off and unplug.
2. Remove all food and removable interior parts.
3. Wash with a solution of 1-2 tablespoons baking soda in 1 quart warm water. Rinse and wipe dry.
4. Wash removable glass shelves and plastic parts in warm detergent solution, rinse and wipe dry. NOTE: Do not put either glass or plastic in hot water; they may crack, especially if cold. These plastics may soften at high temperatures so never put boiling or hot water in them. They may be damaged by various household chemicals, so never use cleaning waxes, spray-on cleaners, or concentrated chlorine bleach on them. Follow your manual directions for cleaning the different plastic drawers, shelves, etc. If you do not have a manual, be safe by using a mild detergent (a hand-dishwashing liquid) and lukewarm water solution, or a baking soda and water solution for cleaning. NEVER use abrasives like scouring powder or scouring pads, as these plastics are easily scratched.
5. Clean door gasket with detergent solution; rinse and dry.
6. Occasionally clean freezer compartment following manual instructions.
7. Wash exterior of cabinet with detergent solution; rinse and dry. (A creamy appliance wax may be used occasionally to protect painted exterior and make spots easier to wipe off.) Be sure to follow manufacturer instructions if you need to use a special cleansing agent for special types of finishes.
Occasionally vacuum (or brush) dust from the condenser which is usually found under the front bottom grille. (See manual for location and directions). Also at the same time, wash the plastic pan which collects water from automatic defrosting and replace it in the same location.

Now that you have a sparkling clean refrigerator try to keep it that way! Be diligent about wiping up spills in the refrigerator promptly to avoid staining and odors. Several of the plastics used for interior parts of the refrigerator are easily stained by berries, fruits, and other colored foods and absorb and retain odors. So tightly wrap or cover stored foods and remove "old" foods before they spoil.

Have you been looking for safer household alternatives? Here’s some “recipes” for cleaning supplies that can be made from common ingredients found in your kitchen cabinets.

**SAFER HOUSEHOLD ALTERNATIVES**

**Sink and Drain Cleaner**

**SINK CLEANER** - Use "Club Soda" to clean stainless steel sinks. Salt is an excellent scouring agent for sinks while also possessing disinfecting qualities.

**DRAIN CLEANER** - Two handfuls of salt followed by two quarts boiling water will help keep pipes clean and clear.

**DRAIN CLEANER** - Put in washing soda and hot water.

**DE-CLOGGER** - Two handfuls of bicarbonate of soda, followed by 3/4 cup vinegar. Allow to set one hour then flush with hot water.

**CLEAN/FRESHEN GARBAGE DISPOSAL** - Put in a quarter of a lemon and 3 to 6 ice cubes and grind them up together.

**CLEAN/FRESHEN GARBAGE DISPOSAL** - Put in baking soda once a month.

**Surface Cleaner**

**REFRIGERATORS AND MICROWAVE OVENS** - Use baking soda for cleaning and refreshing.

**WALLS** - Mix 1/2 cup ammonia, 1/4 cup vinegar, 1/4 cup washing soda, and 1 gallon warm water.

**FURNITURE POLISH** - One for one mixture of mineral oil and lemon oil.

**FURNITURE POLISH AND LEATHER CONDITIONER** - Carefully bring one cup linseed oil to a boil. Remove from heat and allow to cool, add 3/4 cup vinegar and mix well.
**FURNITURE WATER MARKS** - Use toothpaste on a wet cloth to rub water marks off of wood furniture.

**WINDOW CLEANER** - Two tablespoons vinegar to one quart of water, rub dry with black and white newspaper for sparkle.

**WINDOW CLEANER** - Mix 1/2 cup ammonia, 1/2 cup white distilled vinegar, and 2 tablespoons cornstarch with warm water.

**FLOOR CLEANER** - For linoleum, combine 1/2 cup bleach and 1/4 cup distilled vinegar.

**SPOT REMOVERS** - Use corn meal and water, OR "Club Soda," OR peroxide.

**Oven Cleaner**
**OVEN CLEANER** - Use a mixture of baking soda and water.

**SPILLS IN OVEN** - Sprinkle with salt at once. When oven cools, brush off burned food and wipe with damp cloth.

**Toilet Cleaner**
**TOILET CLEANER** - Use baking soda, 1/4 cup liquid bleach and a mild dishwashing detergent. Let it set for a while. Scrub with toilet brush.

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