

Environmentally friendly cleaning

Tips and tricks on what to buy, where to find it and what to do

<p>DETERGENTS</p>	<ul style="list-style-type: none"> • Bicarbonate (<i>bikarbonat</i>) or baking soda (<i>bakpulver</i>). Baking soda is a less effective version of bicarbonate. • Distilled vinegar 12% (<i>ättiksprit</i>). Alternative to vinegar. The difference lies in the mixture of acetic acid and water. • Green Såpa (<i>Grön såpa</i>). • Hand washing detergent (<i>Handdiskmedel like Yes or Grumme</i>). • Vinegar 24% (<i>ättika</i>).
<p>EQUIPMENT</p>	<ul style="list-style-type: none"> • Bucket (<i>hink</i>). • Cleaning sponge (<i>rengöringssvamp</i>). • Microfiber cloths (<i>mikrofiberdukar</i>). Look for packages that includes three different types of microfiber cloths for kitchen, bathroom and windows/mirrors. • Shower squeegee (<i>duschskrapa</i>). • Spray bottle (<i>sprayflaska</i>). • Universal microfiber cloth (<i>mikrofiberduk</i>).
<p>BRANDS</p>	<ul style="list-style-type: none"> • Dr. Oetker or Clas Ohlson (<i>bicarbonate</i>). • Ekotipset (<i>cleaning materials, cleaning sprays, såpa</i>). • Grocery stores with their own brands (<i>like ICA and COOP</i>). • Grumme (<i>hand washing detergent, såpa</i>). • Yes (<i>hand washing detergent</i>).
<p>BUY IT HERE</p>	<ul style="list-style-type: none"> • Biltema (<i>for most detergents and equipment</i>). • Clas Ohlson (<i>most products mentioned above can be found here as well as the brand Ekotipset</i>). • Coop (<i>grocery stores have a lot of the stated products</i>). • ICA (<i>grocery stores have a lot of the stated products</i>). • Rusta (<i>has most things for the home</i>). • Ö&B (<i>has most things for the home</i>).

Ecolabels to look for

Your choice of cleaning agent plays a big part



The Nordic Swan Ecolabel (*Svanenmärket*)

- The Nordic Swan Ecolabel is the official ecolabel of the Nordic countries. It is given to goods and services that meet ambitious environmental, climate and health requirements.



EU Ecolabel

- The EU Ecolabel logo has become a byword for quality while meeting the highest environmental standards. It means products (goods and services) displaying the iconic "EU flower" symbol meet all the criteria and have earned the right to join the growing EU Ecolabel Community!



Bra Miljöval

Good Environmental Choice (*Bra Miljöval*)

- Good Environmental Choice is the SSNC's own environmental certification system with tough environmental requirements that is constantly evolving. The eco labeling makes it easier to find the products and services that are least harmful to the environment.



Blue angel (*Blå Ängeln/Der Blaue Engel*)

- The Blue Angel has been the ecolabel of the German Federal Government for more than 45 years. It is an independent and credible label that sets stringent standards for environmentally friendly products and services. The Blue Angel is the guide for purchasing.

YOUR GO TO

CLEANING HACKS

MAKE YOUR OWN MIRACLE CURE

CLEANS DIRT, DUST AND DIFFICULT STAINS FROM MIRRORS, WINDOWS, GLASS BUT ALSO OTHER SURFACES SUCH AS FABRIC, METAL OR WOOD.

YOU NEED:

- 1 DL VINEGAR 24% OR 2 DL DISTILLED VINEGAR 12%.
- 5 DROPS OF HAND WASHING DETERGENT.
- 3-4 DL WATER (*DEPENDING ON THE TYPE OF VINEGAR YOU USE*).
- EMPTY SPRAY BOTTLE.
- MICROFIBER CLOTHS (*DEPENDING ON SURFACE*).

DO THIS:

- MIX HEATED (*NOT BOILED*) VINEGAR WITH WATER IN AN EMPTY SPRAY BOTTLE.
- ADD 5 DROPS OF HAND WASHING DETERGENT.
- ATTACH THE SPRAY NOZZLE AND SHAKE LIGHTLY.
- DONE!

WHERE TO USE:

- FOR CLEANING YOUR WINDOWS AND MIRRORS.
- COMBINE WITH BICARBONATE TO REMOVE BURNT-IN STAINS FROM THE OVEN AND OVEN DOOR.
- IN THE SHOWER AND IN THE TOILET (*AGAINST LIME DEPOSITS*) - SPRAY ON GENEROUSLY, LET SIT, WIPE AWAY.



DUST REPELLER

REMOVES DUST, KEEPS SURFACES CLEAN LONGER AND GIVES EXTRA SHINE.

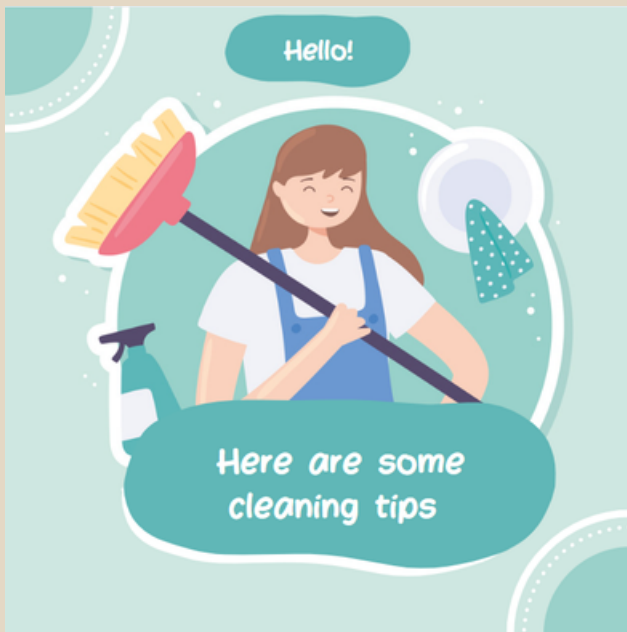
YOU NEED:

- A SPRAY BOTTLE WITH 4 DL OF WATER.
- A FEW DROPS OF OLIVE OIL.
- 3-4 DROPS OF HAND WASHING DETERGENT OR SÅPA.
- A FEW DROPS OF ESSENTIAL OIL FOR FRAGRANCE.
- MICROFIBER CLOTHS (*DEPENDING ON SURFACE*).

DO THIS:

- ADD THE INGREDIENTS INTO THE SPRAY BOTTLE AND LIGHTLY SHAKE THE BOTTLE SO EVERYTHING MIX.
- SPRAY. CLEAN. DONE!





DUST AND DRY SURFACES

- Use a damp cloth, cleaning agents and/or a duster to clean your ceiling fans, all surfaces and all of the furniture.
- Clean your oven/microwave/stove (thoroughly).
- Vacuum and mop the floors.
- Don't forget to clean the doors, cupboards (inside and outside), ceilings and baseboards, behind the bed.
- Clean power points/power sockets and radiators.

SET ASIDE EXTRA TIME FOR CLEANING (1/2):

- The bathroom, windows and the refrigerator.
- Remember to defrost the fridge (use a towel and a container to collect the water so it doesn't escape and damage the floor)
- Use a mixture of vinegar (ättika) and soap (grön såpa) to get rid of lime deposits in the toilet, sink and on the bathroom/kitchen tiles.
- Empty the floor drain and the water trap of the bathroom sink from hair.



SET ASIDE EXTRA TIME FOR CLEANING (2/2):

- Clean the hood and filter above the stove/hotplates.
- Remove any stickers or decorations.
- Check that the light in the apartment are working (if not change the light bulbs)
- Check that the fire alarm in your room are working (if not change the batteries)



BELONGINGS

- Give, donate or throw away belongings that you are not planning on taking with you.
- If you have a storage room, remember to empty and clean it.
- Only leave what was in the apartment/room when you moved in.
- Make sure that you don't leave any belongings behind.



DOCUMENT THE ROOM

- When everything is cleaned and you have moved all your belongings out of the apartment/room, remember to document the accommodation if you would need to show evidence of your cleaning.

NOTES