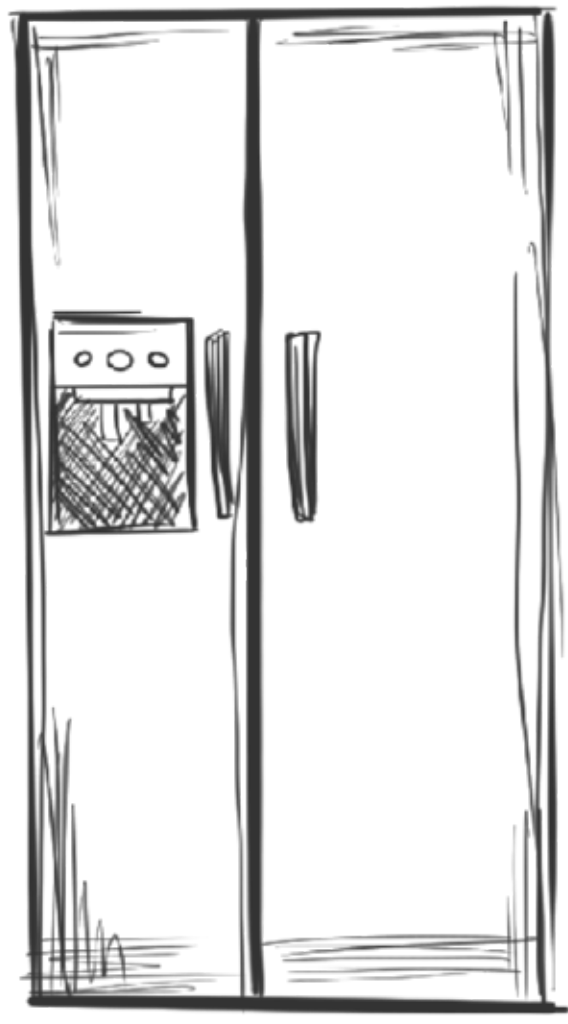


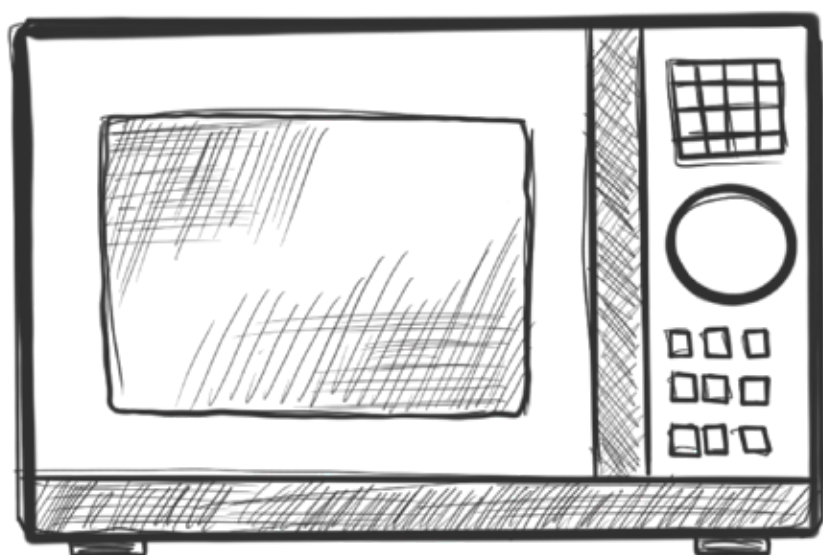
GYGI GUIDE TO A CLEAN KITCHEN

We believe life is better in the kitchen! So let's make it a fun and efficient place to be. Follow our tried-and-true methods to spruce up your kitchen, one appliance at a time.



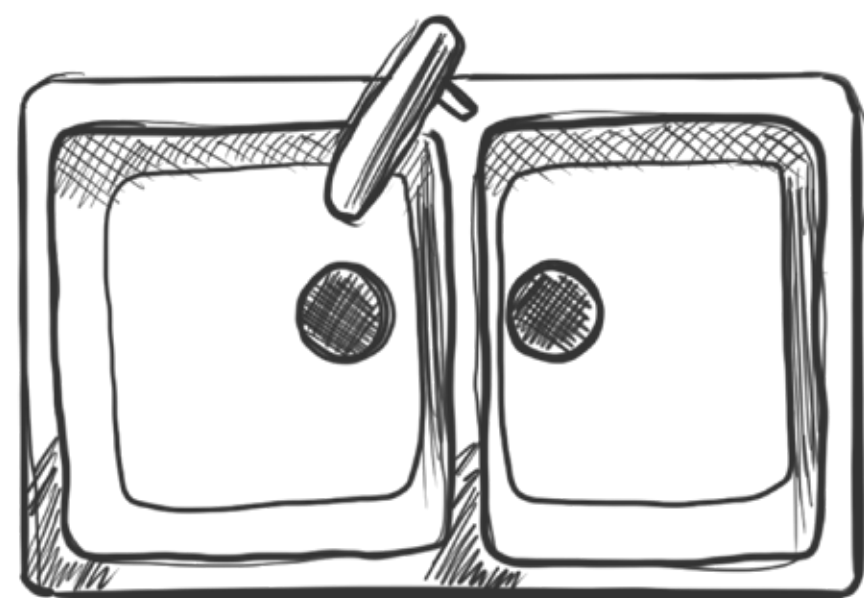
FRIDGE + FREEZER

- One at a time, empty entire fridge or freezer. Toss unwanted & expired food.
- Remove shelves & drawers. Clean with warm, soapy water.
- Wash interior of fridge/freezer. Don't forget the gasket (rubber seal around the door(s))!
- Replace shelves & drawers, replace food (clean sticky residue on food bottles if applicable).
- Clean fridge/freezer exterior.
- Pull fridge away from wall and vacuum the coils.



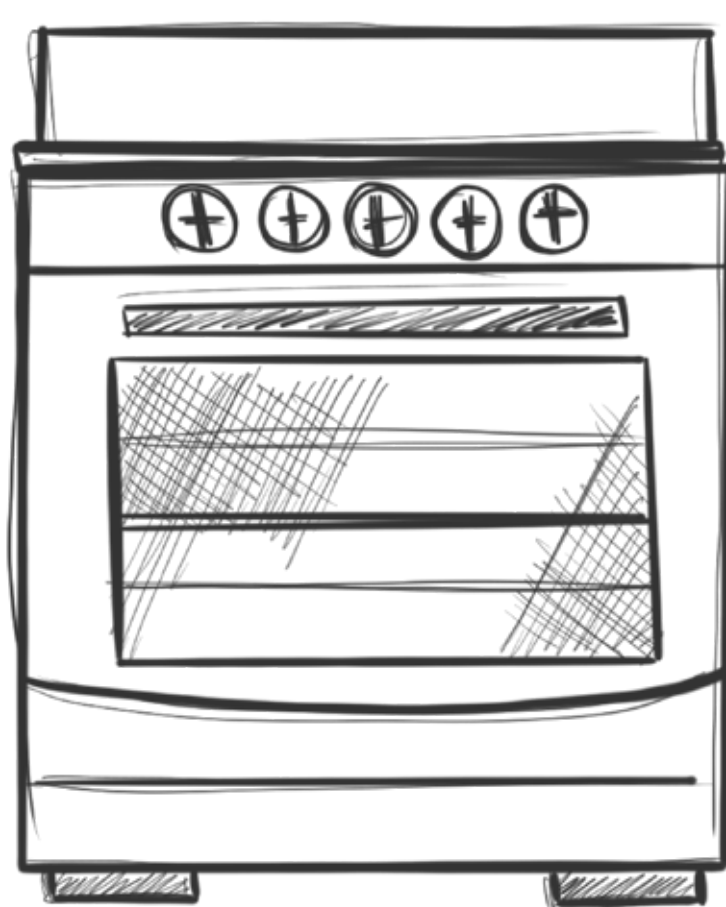
MICROWAVE

- Pour 1 cup of white vinegar into a microwave safe bowl.
- Place a wooden spoon or skewer into the bowl.
- Place bowl in microwave & microwave on high for 5-10 minutes.
- Let sit for an additional 5 minutes before opening.
- Remove bowl and wipe out microwave with a damp cloth.
- Wipe down outside of microwave.



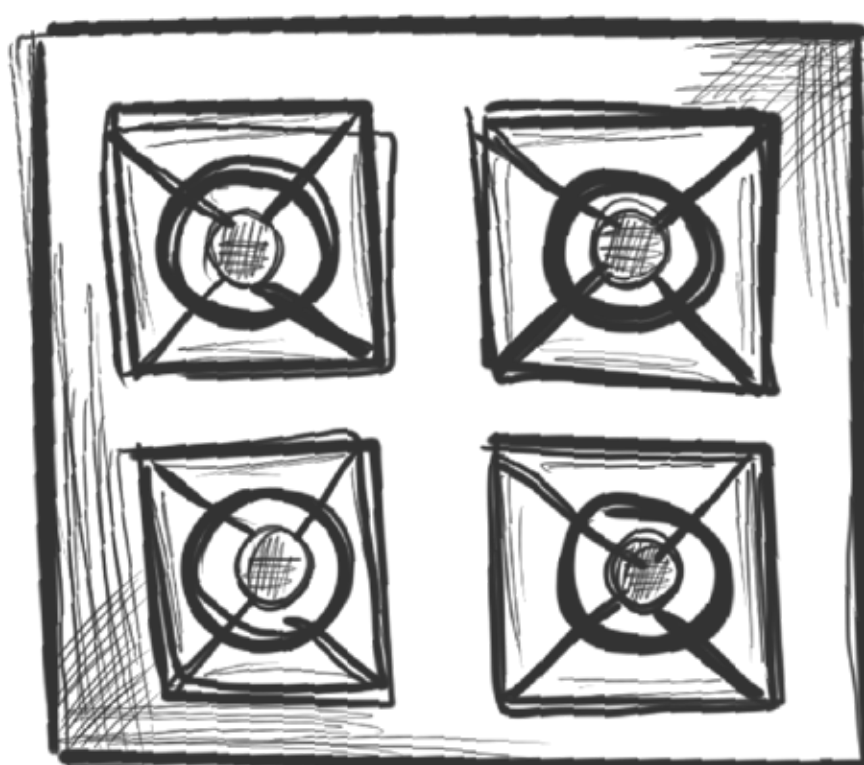
SINK + DISPOSAL

- Start with the disposal - use a long handled brush or soapy rag to reach inside and scrub the bottom, sides & top of the unit.
- Use a disposal drop (like plink) or lemon/citrus rinds (or wedges) in the disposal while running to freshen smells.
- Drop ice cubes and some coarse salt in the disposal and while it runs, they will help to clear away any sludge left behind.
- To clean the sink, wipe down the entire surface with a wet, soapy rag and don't forget all the edges!
- Wipe again with a dry rag.



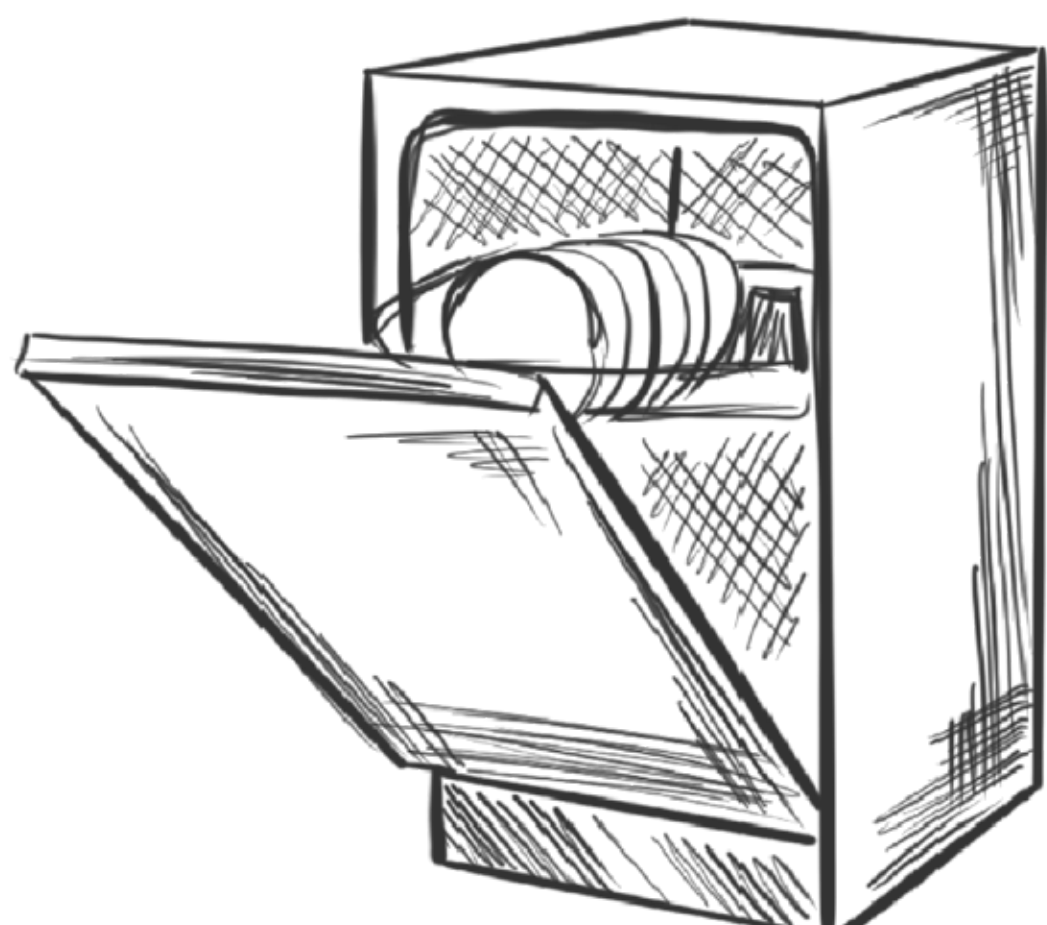
OVEN

- Preheat oven to lowest temperature it will heat to (150-200°).
- While preheating, fill an oven safe pot about halfway with water and set to boil.
- Pour 1 cup of ammonia in a separate oven safe bowl.
- Once preheated, turn oven OFF and put the pot of boiling water inside the oven on a lower rack. Place the bowl of ammonia on an upper rack.
- Shut oven door and leave alone for 12-18 hours.
- After the sit time is complete, pour the bowl of ammonia into a quart of soapy water and add a rag to the mixture.
- Use the wet rag from the ammonia/soapy water mixture to clean the interior of the oven.



STOVETOP

- Start by wiping any loose debris off the stove with a rag.
- Either get the rag wet and ring it out over the stove or spritz water from a spray bottle to wet the whole surface.
- Use a powdered cleanser (such as Bar Keeper's Friend) sprinkled all over the wet surface, let sit for 5 minutes for extra stuck-on residue but do not let it dry.
- Scrub with a non-abrasive cleaning sponge or scrub brush.
- Once all the scrubbing is done, simply wipe the whole surface clean with another rag.



DISHWASHER

- Clear grit and grime from your dishwasher by choosing an acid to use during a short wash cycle: citric acid, white vinegar or lemon juice.
- Dry ingredients (citric acid) are to be used inside the detergent dispenser but wet ingredients (vinegar/lemon juice) can be left in a bowl or cup on the top rack.
- Run the wash cycle as normal. Once complete, wipe interior clean with a wet, soapy rag.
- Wipe down the spray arm with a dish cloth. It can be removed to clean any buildup underneath, use a pipe cleaner or sewing needle to remove food particles, bits of paper or other debris from the spray arms' holes.
- Follow your manufacturer's instructions for cleaning your dishwasher filter.