

CRUNCH TIME

Cleaning With Baking Soda



INGREDIENTS:

500g Box baking soda
Old sandwich
Kettle of warm water

EQUIPMENT:

Fridge
Small bowl
Lunch box
Bench top bin with plastic bin bag
Plastic bin bag
Several spoons
Kettle filled with warm water
Old sponge
3 medium bowls
Several sponges
Sink
Microwave
Oven
Pot
Grill plate
Chopping board



METHOD:

1. Baking soda, or bicarbonate soda, as it is also known, is non-toxic, cheap and has many uses. Baking soda is made from sodium carbonate and processed to form pure, safe and natural baking soda
2. Because baking soda is a pure, natural product that is also a food, it is non-toxic, unlike many other household cleaners. It is ideal for cleaning food preparation surfaces
3. What smells! Baking soda can deodorise because it has the ability to neutralise odours, rather than just covering up odours with perfumes. Putting a small bowl of baking soda in the fridge will absorb strong food odours (put bowl of baking soda in fridge)
4. Use baking soda to wash or soak smelly containers. (take lunch box out of fridge. Discard old food in bench top bin. Soak lunch box with baking soda and hot water from kettle)
5. You can sprinkle baking soda in the bottom of the garbage bin before you put a new bag in to keep away unpleasant odours (remove plastic bag from bench top bin, sprinkle baking soda and put new bag in)
6. You can soak stale smelling sponges in baking soda and water to freshen them up so you can use them a little longer (put sponge in bowl of baking soda and water)
7. If you make a mess of the kitchen, sprinkle baking soda on a damp cloth. Wipe benches, then rinse with clean water (sprinkle baking soda on the sponge and wipe bench)
8. If you make a mess of the microwave, wipe clean with a solution of 1 cup water and 1 tablespoon of baking soda (make up solution)
9. To clean the oven, sprinkle baking soda on the bottom of the oven, spray with water to dampen baking soda. Let sit overnight and in the morning wipe clean (sprinkle baking soda and spray water while explaining)
10. For burnt-on food in the bottom of pots, sprinkle with baking soda, then add hot water. Let soak overnight. The dried on food will come loose much more easily (sprinkle baking soda in pot and add hot water from kettle)
11. Messy BBQ! Sprinkle with baking soda, then soak. After several hours, the charred pieces will come loose easily (sprinkle baking soda on the grill plate and add water to soak)
12. You can clean your chopping board with a baking soda paste (clean board with paste)
13. Don't stop at the kitchen! Baking soda can be used on your smelly sneakers, to clean the bathroom, to wash your clothes, on outdoor furniture, in the linen cupboard, stinky pet beds or litterboxes, to clean your toothbrush and deodorise the car just to name a few

ADDITIONAL NOTES:

Fill kettle with water and boil



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