



COOKING HEALTHILY STARTS IN A REAL CLEAN KITCHEN

The kitchen is the place where meals are prepared daily and where the whole family often comes together. A good hygiene in the kitchen is very important for our health. Countertops, stoves and ovens are regularly used and therefore must be cleaned regularly. Cleaning the kitchen daily is necessary and Feem Active Cleaner is indispensable for that. Read below how you can best clean this space!

- **Damper**
Use a moist cloth and Feem Active Cleaner to clean the outside of the damper after you've cooked. That's how you prevent grease from piling up and making it more difficult to remove. Regularly clean the damper filter with some soapy water as well.
- **Fridge**
A lot of people don't know very well how to clean the fridge. Feem Active Cleaner can be a very useful aid for that. Discover [here](#) how you can best do it.

Tip: To keep the energy consumption of your fridge to a minimum, you should vacuum or dust the back of your fridge at least once a year.

- **Countertop**
A countertop daily comes into contact with food and that's why it should get enough attention. Make sure you clean it well after every use. What way you clean it, depends on the material the countertop has been made out of. But most countertops can be cleaned with a moist cloth and some Feem Active Cleaner. Daily change the cloth to avoid contamination of bacteria.
- **Oven**
Your oven can get dirty quickly when you use it often. That's how stubborn dirt and grease get crust and how leftovers are left. You can read everything about how to clean that dirty oven efficiently [here](#).
- **Stove**
Your stove should be hygienically cleaned as well. That makes cooking more pleasant. Read [here](#) how to do it.

- **Kitchen cupboards**

Cleaning kitchen cupboards is overlooked by a lot of people. But grease, leftovers and dust can get into the cupboards and pile up. During cooking, a lot of damp is formed. That's why it's a good idea to clean them regularly as well, otherwise the dirt will be difficult to remove after a while.

- Weekly clean the outside of the cupboards with some soapy water and Feem Active Cleaner. Dry them well afterwards.
- Try to clean the cupboards completely twice a year and clean the inside. It's also best to use some soapy water and Feem.
- Dry the cupboards with a clean cloth.

- **Dishwasher**

The dishwasher makes sure all of your plates, cutlery, glasses and pots stay clean. But this useful machine has to be cleaned as well for it to do its job well and keep its power. Limestone, leftovers and grease can clog the filters of your dishwasher. Use [these tips](#) to clean your dishwasher.

- **Kitchen sink**

The kitchen sink and sink stone are ideal breeding grounds for all kinds of bacteria and viruses. Clean them regularly!

- Always make sure the sink is completely empty and rinse it with hot water. Always wear gloves for this.
- Dust some Feem Active Cleaner in the whole sink and use a cleaning cloth to scrub it clean.
- Empty the drain daily. Leftover food can get in here and start to stink (Feem works as a deodorant as well).
- Rinse your sink well with water.

- **Deep fryer**

Most household appliances aren't as hard to clean as a deep fryer. Do you want to know how to clean your deep fryer easily? [Read here](#) what you can do.