



**For Immediate Release: March 11, 2014**

## **Five Quick Cleanups in Five Minutes or Less**

*Maid Brigade Consumer Health Advocate, Marie Stegner, Offers Easy Cleaning Tips for Busy Women*

ATLANTA—Nobody likes to clean and most women have a full schedule that doesn't leave extra time to keep things just the way they want. To help, Marie Stegner, consumer health advocate and blogger for the green cleaning leader, [Maid Brigade](#), offers five quick cleanups that take less than five minutes each but help big time in keeping your home neat and tidy.

"There is nothing better than coming home to a clean house," says Stegner. "If I can keep up with a basic routine of five tasks, five minutes a day, things don't get so out of control and my home looks good most of the time. Plus, I don't have to worry about devoting a half a day per week towards cleaning."

Getting in a rhythm of daily upkeep in her home and setting a shorter time for each cleaning task allows Stegner to focus on completing the job.

"Keeping cleaning supplies stocked and ready to go makes it even easier," Stegner adds. "This simple routine has changed my life!"

What are Stegner's go-to supplies? An all-purpose natural cleaner, glass cleaner, microfiber mop, HEPA vacuum, and a few microfiber cloths.

Got five minutes? Tackle one of these quick cleaning chores.

**1. Clear countertop and floor clutter.** Make a home for bills, paperwork, and mail. Wash dishes after you are done using them so they don't pile up in the sink. Pick up dirty laundry and run a load while clearing the rest of the clutter. Put toys away. Place a coat rack by your front door to hang coats, backpacks, umbrellas, and shoes so they are all in one spot. Keep a box in the hall closet or other convenient location for items you want to donate.

**2. Clean up dust.** Dust the tops of wood furniture, hanging lights, and knick-knacks with a microfiber cloth. Use a dry paintbrush to help dust hard to reach areas. Clean pet hair off upholstered furniture by placing a rubber glove on your hand and wiping up the hair.

**3. Wipe down fingerprints.** Wipe all noticeable fingerprints off doors, walls, glass tables, and mirrors using a mix of vinegar and water. Then wipe dry with a clean microfiber cloth.

**4. Sanitize surfaces.** Clean all countertops in the kitchen and the bathroom. Throw some vinegar in the toilet bowl for a quick sanitizing clean.

**5. Vacuum floors and area rugs.** Use a HEPA vacuum cleaner if possible to vacuum floors, rugs, and baseboards. No time to vacuum? Grab your dry microfiber mop and quickly brush over the floor to pick up all noticeable crumbs and dust.

“The best part about five minute cleaning is that once you make it a habit, it will feel like you hardly ever clean, but your house always looks great,” comments Stegner.

Want to know more? Join “Clean Green Talk” radio show co-hosts Stegner and Leslie Reichert for an informative, entertaining one-hour webinar and learn how easy it can be to keep your home clean, healthy *and* guest-worthy on a regular basis. To register to attend visit the Maid Brigade Facebook page at [www.facebook.com/maidbrigade](http://www.facebook.com/maidbrigade).

For more quick green cleaning tips from Stegner, visit her blog at [www.maidbrigade.com/blog](http://www.maidbrigade.com/blog)

### **About Maid Brigade**

Headquartered in Atlanta, Maid Brigade is the only house cleaning service that is Green Clean Certified® with more than 400 franchise service areas in the United States and Canada. Established in 1979, Maid Brigade is the green cleaning industry leader and has a longstanding legacy of providing quality customer service and consistent and thorough cleaning using the most advanced techniques and equipment. The company has also implemented a consumer advocacy program in response to reports from the Environmental Protection Agency linking chemicals in traditional cleaning products to a wide range of health risks. For more information visit [www.maidbrigade.com](http://www.maidbrigade.com) or call 866-800-7434.

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