PRINTABLE CHECKLIST

Vinegar and Baking Soda Cleaning Hacks

Two low-cost pantry staples, dozens of simple jobs. Work through each room, tick the box when it is done, and keep this sheet with your cleaning supplies.



What you need

- [ ] Distilled white vinegar (5% acidity)
- [ ] Baking soda
- [ ] Spray bottle, bowls and a funnel
- [ ] Microfibre cloths, sponge and old toothbrush
- [ ] Gloves and a measuring cup / spoon

Read this first - safety

- [ ] Never mix vinegar with bleach or bleach cleaners
- [ ] Do not use vinegar on marble, granite or natural stone
- [ ] Do not use vinegar on hardwood or waxed wood
- [ ] Test every paste or spray on a hidden spot first
- [ ] Label every spray bottle and keep away from children and pets

Kitchen hacks

- [ ] **Microwave:** heat a bowl of water with 2 tbsp vinegar for 3 minutes, leave 5 minutes, then wipe loose grime away.
- [ ] **Sink and taps:** sprinkle baking soda, scrub with a damp sponge, rinse and buff dry to shine.
- [ ] **Stovetop:** make a baking soda paste, leave 15 minutes on burnt spots, then wipe with a damp cloth.
- [ ] **Oven (light soil):** spread baking soda paste inside a cool oven overnight, spray with vinegar, then wipe out.
- [ ] **Kettle / coffee maker:** run or soak with equal parts vinegar and water, then rinse well with plain water twice.
- [ ] **Cutting boards:** scrub with baking soda, rinse, dry upright so no odour stays trapped.
- [ ] **Fridge odours:** leave an open small bowl of baking soda inside; replace every 1-3 months.
- [ ] **Bin odours:** wash the bin, dry it, then sprinkle baking soda in the bottom before a new liner.

Bathroom hacks

- [ ] **Grout:** apply baking soda paste, spray lightly with vinegar, scrub with an old toothbrush, then rinse.
- [ ] **Showerhead:** tie a bag of vinegar around it and leave 1 hour (overnight for heavy limescale), then rinse.
- [ ] **Toilet bowl:** add 1 cup baking soda, leave 10 minutes, add 1 cup vinegar slowly, scrub and flush.
- [ ] **Mirror and glass:** wipe with equal parts vinegar and water, then buff dry for a streak-free finish.
- [ ] **Tiles and tub:** sprinkle baking soda on a damp sponge, scrub soap scum, rinse and dry.
- [ ] **Shower curtain liner:** scrub spots with baking soda paste, rinse well and hang to dry.

Drains - freshen and keep them flowing

- [ ] Pour 1/2 cup baking soda down the drain.
- [ ] Pour 1 cup vinegar slowly after it and cover the drain.
- [ ] Wait 15-30 minutes, then flush with hot water for 2-3 minutes.
- [ ] Repeat monthly for maintenance. If a drain stays blocked after two tries, stop and call a plumber.
- [ ] Never use this in a drain that already has a chemical cleaner in it.

Floors, laundry and whole home

Floors and carpets

- [ ] Sprinkle baking soda on carpet, leave 15-30 minutes, then vacuum to lift odours.
- [ ] Spot-test first, then dab carpet stains with vinegar solution and blot - never rub.
- [ ] Mop hard, sealed floors with a well-wrung cloth; avoid vinegar on stone and wood.

Laundry

- [ ] Add 1/2 cup baking soda to the wash for fresher towels and gym clothes.
- [ ] Add 1/2 cup vinegar to the rinse dispenser to soften towels - never mix it with bleach.
- [ ] Pre-treat light sweat marks with baking soda paste for 30 minutes before washing.

- [ ] **Windows:** spray equal parts vinegar and water, wipe, then buff with a dry cloth.
- [ ] **Sticky labels:** soak the label in vinegar for 5 minutes, then peel and wipe the residue.
- [ ] **Pet odour spots:** blot well, cover with baking soda overnight, then vacuum. Test the fabric first.

Quick reference - which one, when?

Job	Use	How
Grease and burnt-on food	Baking soda paste	Thick paste, leave 15 minutes or overnight, wipe and rinse.
Limescale on taps and showerheads	Vinegar	Soak a cloth or bag in vinegar for 30-60 minutes, rinse and buff.
Odours in fridge, bin or carpet	Baking soda	Sprinkle or leave an open bowl, wait, then vacuum or replace.
Glass and mirrors	Vinegar + water	Equal parts in a spray bottle, wipe, then buff dry.
Slow, smelly drain	Both, in order	Baking soda first, then vinegar, wait, flush with hot water.
Grout and soap scum	Both, as a paste	Paste first, light vinegar spray, scrub, rinse well.

A note on mixing: vinegar and baking soda neutralise each other once the fizz stops, so they work best in sequence - one does its job, then the other - rather than pre-mixed and stored in a bottle. Make sprays and pastes fresh each time.

My weekly tracker

Day	Hack I tried	Worked well?
Monday		
Wednesday		
Friday		
Sunday		

Notes

Surfaces to avoid in my home, brands that worked, and the next job to try: