

HOUSEWORK IS HARD!

HOW TO

① Clean the microwave

1. Wipe the exterior (front) of the microwave, including buttons and handle, with Red Juice¹ on a clean rag.
2. Open the microwave and wipe the exposed edges of the door with your rag and Red Juice.
3. Reaching inside, wipe out (remove) any crumbs or clumps of food and other residue from the turntable and other surfaces. Discard crumbs into the compost.
4. Put a Pyrex *glass measuring cup* (1 cup size is sufficient), nearly full with hot water, into the microwave—a *clean ceramic coffee mug would also work*. Heat the water² for 60 seconds. When you open the door after this, you should see beads of moisture/condensation inside the microwave cavity. *Remember the microwave interior is now warm, so be careful reaching inside.*
5. Remove the cup of water (**Careful!** It's hot! Use a hot pad!); *you don't need the water anymore and may discard it*. Using Red Juice and a rag, wipe all of the interior. Begin with the “ceiling” (top interior surface), then the interior back wall and both sides. Wipe the inside of the door, then, finally, clean the glass turntable plate.
6. Remove the glass plate and either hand wash it (with dish soap) or put it in dishwasher (if dishwasher is fairly full and ready to be run.)
7. While the glass turntable is removed, wipe the “floor” (lower interior surface) of the microwave. Lift out the wheeled “rotation ring” if necessary to reach every surface.
8. Return the clean glass plate.

CONGRATULATIONS! YOU HAVE CLEANED THE MICROWAVE, AND YOUR MOTHER THANKS YOU.

¹ Red Juice is a non-toxic “all purpose” spray cleaner that doesn't require rinsing. Equivalent commercial products include Simple Green or Formula 409.

² If you use cold tap water instead, you may have to microwave the water longer, up to a maximum time of about three minutes. The water doesn't need to boil with visible bubbles, but your goal is to create steam which will help release burnt on food residue.