

Spring Cleaning & Decluttering Challenge

Name: _____

Department: _____

	Area	Basic Task	✓	Ambitious Task	✓	Sustainability Tip
Day 1	KITCHEN	Declutter and organize one kitchen cupboard. (Bonus: sell or donate any appliances you don't use)		Declutter and organize all kitchen cupboards. (Bonus: sell or donate any appliances you don't use)		Items can be donated through local 'buy nothing' Facebook groups, listed on websites such as Kijiji or donated in person to not for profit organisations such as Value Village or Salvation Army.
Day 2		Clean out one kitchen drawer		Clean out all kitchen drawers		Look to use reusable containers or beeswax wraps instead of single use sandwich or snack bags. It may mean more containers for your cupboards but less waste.
Day 3		Clean out fridge of expired food		Clean fridge and all cupboards/pantry of expired food		All expired food should be separated from packaging and placed in your green bin. Packaging which can be recycled should be placed in your Black or Blue curbside collection.
Day 4		Clean inside door of your fridge		Clean the entire inside of the fridge		Look to use natural cleaning products which are biodegradable, refillable or at the least use recyclable packaging. Local shops such as NuGrocery and Terra20 stock many such products.
Day 5		Clean the top of the fridge		Wipe down the entire outside of the fridge		
Day 6		Wipe down knobs and handles on kitchen cupboards and drawers		Wash the outside of your kitchen cupboards		
Day 7		Sweep		Sweep and mop		
Day 8	BATHROOM	Organize medicine cabinet		Organize all bathroom cabinets		Any spent medicine products can be taken to your nearest pharmacy for safe disposal.
Day 9		Organize all personal care items (makeup, skincare, haircare, etc.)		Downsize all personal care items (makeup, skincare, haircare, etc.)		Not sure if you can recycle an item? Make sure to use the City of Ottawa waste wizard and find where every item can go.
Day 10		Wipe down sink and toilet		Wipe down and clean everything, including tub/shower		
Day 11		Sweep		Sweep and mop		

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Day 12	LIVING ROOM	Take cushions off couch and vacuum under them		Vacuum everything		
Day 13		Dust for 15 minutes		Dust everything		Use reusable dust/micro cloths instead of single use or refills.
Day 14		Clean the baseboards in one room		Clean all of the baseboards		Look to use natural cleaning products which are biodegradable, refillable or at the least use recyclable packaging. Local shops such as NuGrocery and Terra20 stock many such products.
Day 15		Wash living room window		Wash all windows		Run out of glass cleaner? Mix 1/2 cup of each water and white vinegar in a spray bottle, label it and refill as needed.
Day 16		Clean living room window coverings		Clean all window coverings		Look to use more sustainable products such as TRU Earth laundry strips. This helps reduce single use plastic, while also being a Canadian product which is vegan and hypoallergenic.
Day 17	BEDROOMS	Clean bedding in one room		Clean all bedding		Look to use more sustainable products such as TRU Earth laundry strips. This helps reduce single use plastic, while also being a Canadian product which is vegan and hypoallergenic.
Day 18		Organize one clothing drawer		Organize all clothing drawers and closets		Items can be donated through local 'buy nothing' Facebook groups, listed on websites such as Kijiji and CU Marketplace, or donated in person to not for profit organisations such as Value Village or Salvation Army.
Day 19		Dust all surfaces		Dust and vacuum/sweep all surfaces		
Day 20		Organize one bedside table and/or drawer		Organize all bedside tables/drawers		

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Day 21	OTHER AREAS	Organize one closet (Bonus: Minimize clothes, shoes and accessories)	Organize all closets (Bonus: Minimize clothes, shoes and accessories)	Items can be donated through local 'buy nothing' Facebook groups, listed on websites such as Kijiji and CU Marketplace, or donated in person to not for profit organisations such as Value Village or Salvation Army.
Day 22		Declutter your "junk drawer"	Let go of excess by decluttering duplicates of an item	
Day 23		Minimize/downsize towels, beddings and other linens	Clean all remaining towels, beddings and linens	Look to use more sustainable products such as TRU Earth laundry strips. This helps reduce single use plastic, while also being a Canadian product which is vegan and hypoallergenic.
Day 24		Minimize books, DVD's, CDs, other media	Organize all sentimental items	If you have access to books why not think of setting up a community book library (a mini free library on your curbside) and share with your community.
Day 25		Organize and declutter documents/mail/papers on your kitchen counter or home workspace	Sort, organize and declutter all documents/papers/mail	Shred any confidential documents and then place in recycling or reuse for bedding for pets such as Rabbits.
Day 26		Declutter your digital life. Organize one folder/file on your computer	Organize all folders and files on your computer	
Day 27		Spend 10 minutes decluttering your email inbox	Get inbox to 0 - meaning delete or file all emails in your inbox	
Day 28		Organize one section of your garage/garden shed	Organize and declutter entire garage/garden shed	
Day 29		Clean one item that you've been putting off cleaning (Car, washing machine, running shoes, etc.)	Clean all items that you've been putting off cleaning	If you are cleaning your car, look to use waterless cleaning products or greywater from a water barrel.
Day 30		Dust all surfaces in the basement	Dust and vacuum/sweep all surfaces in the basement	