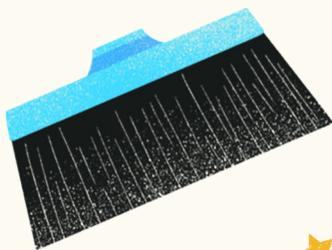
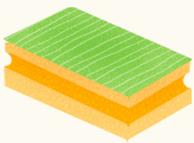
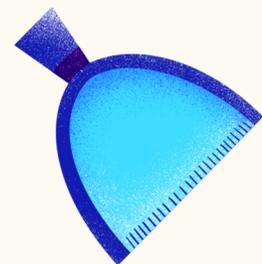


ARM & HAMMER™

# BAKING SODA SHOWDOWN

————— The Kitchen —————



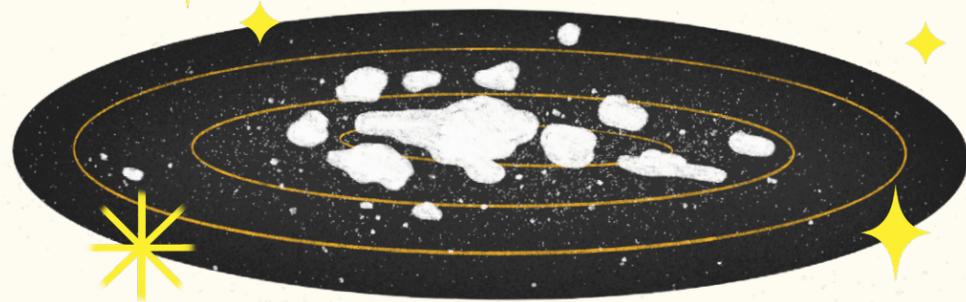
# Competition in the Kitchen

Cleaning the kitchen is more than a chore—it's a challenge. And we're putting you to the test with tasks from the dirty dishwasher to the messy microwave. Does your cleanup crew have what it takes to make mountains of dishes and a well-seasoned stovetop shine? It's time to find out.



# STOVETOP CITRUS SCRUB

Remove grease, grime and oil with this baking soda hack.



# VS

# POT AND PAN REVITALIZER

Bring those burnt kitchen essentials back to life.



SAVE THE LEMON FOR YOUR SINK OR GARBAGE DISPOSAL. FRESHEN THE DRAIN WITH LEMON JUICE OR PULVERIZE THE RINDS TO CLEAN THE DISPOSAL!

## Directions

1. Remove as much loose food and crumbs from the stovetop as possible.
2. Spread about a ½ cup of ARM & HAMMER™ Baking Soda over the affected area—for gas stoves, remove the metal grates.
3. Combine 1 cup of white vinegar with a ½ cup of lemon juice in a clean spray bottle or bowl.

## Ingredients

- ½ cup ARM & HAMMER™ Baking Soda
- 1 cup white vinegar
- ½ cup lemon juice
- Dish rag
- Spray bottle or bowl

4. Rinse the baking soda-covered surface with the vinegar-lemon solution and let sit for 15 to 30 minutes.
5. Wipe clean with a damp rag and dry.

Consider These Criteria



**SNAP A PIC!**  
THIS MATCHUP IS MADE FOR BEFORE & AFTERS.



**THE FINAL FRESHEN UP**  
ONE LAST PASS WITH A RAG—WHICH COMES OUT CLEANEST?

## Directions

1. Remove as much food and debris as possible.
2. In each pot and pan, sprinkle about 2 tablespoons of ARM & HAMMER™ Baking Soda.
3. Cover baking soda with about ½ cup apple cider vinegar until it bubbles.
4. Add 1 cup of water and place the pot/pan on the stove.

## Ingredients

- 1 pound ARM & HAMMER™ Baking Soda
- Apple cider vinegar
- Hot water
- Scouring sponge

5. Boil mixture for 5 minutes. Turn off the heat and let it sit for 30 minutes.
6. Remove the liquid and scrub with an abrasive sponge.
7. Repeat this process with each pot and pan as needed.

**\*Do not use this cleaning hack on aluminum cookware, as it could cause discoloration.**

The champion of this matchup is...



NAME: \_\_\_\_\_

# DISHWASHER REFRESHER

Give this daily workhorse a deep clean!



# VS

# ULTIMATE OVEN CLEANER

A heavy-duty makeover for a high-temp appliance.



Pro Tip!

REFRESH OVEN RACKS BY ADDING THE SAME BAKING SODA PASTE FOR HEAVY DUTY FOOD REMOVAL.

## Directions

1. In an empty dishwasher, place a dishwasher-safe container with 1 cup of white vinegar on the top rack.
2. Run the dishwasher on a hot, regular-length cycle.
3. When the cycle finishes, liberally sprinkle 1 cup of ARM & HAMMER™ Baking Soda on the bottom of your machine.

4. Run another short, hot water cycle.
5. Your dishwasher will smell fresh and the residue from daily use will be gone.
6. When it accumulates again, you know what to do!

## Ingredients

- 1 cup ARM & HAMMER™ Baking Soda
- 1 cup white vinegar
- Dishwasher-safe container

## Consider These Criteria



**UP CLOSE & PERSONAL**  
INSPECT THE SPOTS YOU DON'T USUALLY SEE.



**START 'EM UP!**  
CHECK HOW THEIR PERFORMANCE HAS CHANGED.

## Directions

1. Mix together 1 pound ARM & HAMMER™ Baking Soda, 1 tablespoon salt and 2 tablespoons water in a bowl to make a thick, sandy paste—adding additional water a ½ tablespoon at a time.
2. Remove the racks from your oven.
3. Using a spatula, cover as much of the inside of the oven as possible with the paste. If you don't have enough to cover

the desired area, make more paste.

4. Shut the oven door and leave it for several hours or overnight in the cold oven until the paste has hardened.

5. Use a rubber spatula and a warm, wet washcloth to loosen and wipe up the baking soda and dirt.

## Ingredients

- 1 pound ARM & HAMMER™ Baking Soda
- 1 tablespoon salt
- Water
- Washcloth
- Spatula

## The champion of this matchup is...



NAME: \_\_\_\_\_

# SINK STAIN WIPE DOWN

Knock out those pesky stains.



BUFF A FEW DROPS OF OLIVE OIL WITH A MICROFIBER CLOTH FOR AN EXTRA BRIGHT SHINE.

# VS

# MICROWAVE MOP UP

Keep leftovers off the ceiling, floor and walls!



## Directions

1. Rinse the sink with hot water.
2. Liberally coat the sink with 1 cup of ARM & HAMMER™ Baking Soda and let sit for 5 minutes.
3. Using the rough side of a dish sponge, scrub in the direction of the steel grain.
4. Optional: Apply a paste made up of ½ cup white vinegar and ¼ cup Cream of Tartar and scrub.

5. Rinse again with hot water and enjoy your shiny sink!

## Ingredients

- 1 cup ARM & HAMMER™ Baking Soda
- Dish sponge
- Microfiber cloth
- Optional: ¼ cup Olive oil
- Optional: ½ cup white vinegar
- Optional: ¼ cup Cream of Tartar

## Consider These Criteria



**SHINE BRIGHT**  
WHICH ONE IS SPARKLING LIKE A DIAMOND?



**SNIFF TEST**  
GET IN CLOSE AND SEE HOW THEY SMELL NOW!

## Directions

1. Mix ½ cup of ARM & HAMMER™ Baking Soda with 2 cups of hot water in a microwave-safe bowl.
2. Place in your dirty microwave and run on high for 5 minutes.
3. Remove the bowl—be sure to let it cool—and wipe the microwave clean with a dish rag or sponge.

## Ingredients

- ½ cup ARM & HAMMER™ Baking Soda
- Water
- Dish rag or sponge

The champion of this matchup is...



NAME: \_\_\_\_\_



# You've Conquered The Kitchen!

Taking on the kitchen is no easy task. But you've proved that grease and grime don't get to you. Whether it's splatters in the microwave or beat up pots and pans, you can clean with the best of them. But who walks away from this week with the victory? It's up to you!

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## This Week's Winners

**Matchup #1** Stovetop Citrus Scrub vs. Pot and Pan Revitalizer: \_\_\_\_\_

**Matchup #2** Dishwasher Refresher vs. Ultimate Oven Cleaner: \_\_\_\_\_

**Matchup #3** Sink Stain Wipe Down vs. Microwave Mop Up: \_\_\_\_\_

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## Continue The Competition!

Head to the [ARM & HAMMER™ Baking Soda Showdown](#) homepage to download the entire schedule of cleaning tasks. And if you're looking for more cleaning hacks, visit [ARMANDHAMMER.COM](#) to get tips for all your household to-dos.

## #TeamUpandCleanUp

We want to see how your cleaning team uses ARM & HAMMER™ Baking Soda to tidy up! Show off your skills on social by tagging @armandhammer #TeamUpandCleanUp!