

THE BEE LINE

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Expert Tips to CARE for Your TILE FLOORING

Tile flooring is a durable choice for kitchens, bathrooms, and other areas of the home that will get wet from time to time. With the proper care, tile flooring can look like new for years. Below are a few tips for basic tile flooring care, and how to clean stained grout. These techniques are appropriate for both ceramic and faux tile flooring.

As always if you are in doubt or are apprehensive about trying to do-it-yourself, call us at **Clean Bee** and we will be happy to help you with any questions or schedule a cleaning.

1. Sweep or vacuum the floor daily to remove loose dirt and debris. Dirt that is allowed to sit especially in wet areas can quickly turn into hard-to-remove grime. Run a dry cloth duster or dust mop over the floors after they have been swept.

If you have marble or natural stone flooring, make sure you use a soft broom for sweeping to prevent scratching your natural stone.

2. Mop the floor with warm water. For everyday shine, if the floor doesn't have stains or require heavy cleaning, simply run a clean damp dusting cloth over the floor, or consider using a dry mop such as a Swiffer. If using a traditional mop, cleanse the mop in fresh warm water after mopping one section of the

See "How to Care for Your TILE Floors" on next page



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room, and repeat until the entire floor is mopped. You may opt to add a small amount of dish soap to the mix.

3. Dry the floor. Whether you use water or water mixed with detergent, run a dry mop over the floor in small sections as you work across the room with your mop. This will prevent new dirt from quickly accumulating and staining the grout.

4. Clean up spills promptly. If you drop a glass of juice or even water, clean it up right away. The longer it sits, the more time it will have to soak into the grout. Dried orange juice and other sugary liquids also tend to become annoyingly sticky.

5. Clean the dirtier spills with disinfectant. If your pet has an accident or you drop raw meat on the floor, spray a disinfectant directly over the spot and wipe it up right away.

Try to limit the disinfectant to the area where the spill occurred. Strong chemicals may degrade or stain tile flooring.

Cleaning Grout in Tile Flooring

1. Try a pencil eraser. This household trick is great for cleaning small sections of stained grout. Simply run the eraser of a number 2 pencil over the stain until it is gone. Use a clean white or pink eraser. Sandpaper or an abrasive grout tool may be more effective for stubborn surface stains.

2. Use baking soda. Make a paste with baking soda and water. Apply it to the dirty grout using an old toothbrush. Scrub the paste into the grout well. Wash the grout with warm water when you are finished. Most dirty grout can be brightened using this natural method. For the tougher stains, allow the paste to sit for a few minutes before you start scrubbing.

3. Remove tougher stains with bleach. If natural methods don't work, try a bleach solution, but proceed with care. Mix a 75/25 solution of bleach and water **only** if you have white grout. **Do not use bleach on colored grout.** Use a toothbrush or the edge of a sponge to clean the grout with

the solution. Rinse the floor with warm water after you are done to remove all traces of bleach.

Do not get the bleach solution on the tiles and wear a pair of rubber gloves to protect your hands.

4. Deep cleaning tile floors by hand is hard work. It is messy, uncomfortable and impossible to get the deep-clean results that come with professional tile and grout cleaning.

This is because even regular mopping will never reach the hidden dirt that lies deep within the pores of your grout lines. Grout is a porous material and it collects dirt, grime and spills, often discoloring the surface.

Clean Bee's tile and grout cleaning method will get rid of that hidden dirt and bacteria, restoring the like-new luster to your floors. In addition, we'll remove over 95% allergens from your grout. Call us today with any questions or to schedule your next tile, stone, carpet or upholstery cleaning. **Clean Bee** will be happy to help!

The Good Life



Good Clean Funnies

What goes tick-tock and woof-woof?
A watchdog.

What do you call a flower that runs on electricity?
A power plant!

How do you keep a bull from charging?
Take away its credit card!



Ingredients

- 1/4 cup lemon juice
- 2 tablespoons vegetable oil
- 4 cloves garlic, minced
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon dried oregano
- 6 (4 ounce) boneless pork loin chops

Prep Time: 10 mins

Cook Time: 15 mins

Additional Time: 2 hrs

Total Time: 2 hrs 25 mins

Grilled Lemon Herb PORK Chops

Directions

In a large resealable bag, combine lemon juice, oil, garlic, salt, oregano, and pepper. Place chops in bag, seal, and refrigerate 2 hours or overnight. Turn bag frequently to distribute marinade.

Preheat an outdoor grill for high heat. Remove chops from bag, and transfer remaining marinade to a saucepan. Bring marinade to a boil, remove from heat, and set aside.

Lightly oil the grill grate. Grill pork chops for 5 to 7 minutes per side, basting frequently with boiled marinade, until done.

Recipe courtesy allrecipes.com



Are You Eating Enough FRUITS and VEGGIES?

According to World Health Organization, eating the recommended intake of fruits and vegetables as part of a healthy diet improves overall health and reduces risk of certain diseases including cardiovascular diseases and certain types of cancer.

Many fruits and vegetables are plentiful in soluble fiber, which can lower LDL cholesterol, blood pressure and inflammation.

Even the colors of fruits and vegetables play a key role in health. The variety of colors within produce are known as "phytochemicals" that have been shown to potentially reduce the risk of certain cancers, heart disease and diabetes.

Here are three tips for getting started:

1. Start small - Don't bite off more than you can chew with an extremely aspirational goal. Stir fruit into cereal or yogurt, add

bagged salad to pizza night, top sandwiches with extra veggies, throw greens into your favorite pasta dish. Small wins build momentum and positive habits.

2. Make it easy - Cut and prep fruits and vegetables up right away so they are quick to grab. Keep all forms of produce on hand for low- and no-cook ways to add fruits and vegetables to the meals and snacks you already have planned. The easier it is, the more likely it will get eaten.

3. Focus on the flavor - When something makes you feel good, you want to do it again. When something tastes good, you want to eat it again. Utilize dips, herbs, spices and juices to add flavor and enjoyment to fruits and vegetables. Eating healthy doesn't have to be boring!

Ready to BARBECUE? TIPS to Choose Your Grill



The grill that is best for you depends on your space, what you like to cook and how you like to prepare it. Consider the following:

Space matters! For a big backyard, a larger grill with a kitchen island is a focal point for entertaining. A premium portable or compact grill is your best option if you live in a condo or apartment, or a place with limited space.

What do you love to cook? Think rotisseries for roasted chicken, or side burners for soups and stews. Consider a grill with ample space for pizza stones.

Below are the features of five major grill types to consider when making your choice.

Gas: For convenience and faster meal prep, a gas grill may be right for you.

Charcoal: If you love being hands-on with

the nuances of outdoor grilling, a charcoal grill is for you. Use your charcoal grill for classic low and slow cooking - and high heat searing.

Pellet: This is a great option for optimal flavor. Pellets are available in hickory, mesquite, and oak, for a truly flavorful cooking experience.

Electric: If you're looking for simplicity, an electric grill may be your best bet. Designed to produce constant heat and operate without an open flame - without charcoal or propane - they're especially suited for apartment or condo dwellers.

Kamado: For people who love cooking all styles and grilling year-round, Kamado Grills' excellent insulation works perfectly for both grilling and smoking. They're very versatile, use wood and charcoal, and can also roast or bake.



Few products come in as wide an array of price ranges as grills, so almost anyone who wants a grill can find one that's within their budget.



Escape the EVERYDAY Routine and Make MEMORIES

Are you ready to start planning your vacation? Check out these three family vacation ideas that are perfect for making memories together this summer.

1. Explore a new city - Exploring a new city together can be a fun and exciting adventure! Choose a destination and make a list of must-see spots and activities so you can plan accordingly, but don't overload your itinerary! Remember, your family should come back from vacation feeling refreshed. Build in downtime. Quiet, relaxing moments together allow everyone to recharge for the next activity.

2. Take a road trip - A family road trip is the quintessential American vacation experience and for good reason.

Where you decide to stop is completely up to your family, making each road trip a unique experience.

Plan for pit stops along the way that pique your interest. Remember the best part of a family road trip is that quality time is built into it. Spending time together in the car gives you plenty of opportunities to connect and talk about what you're most excited to see.

3. Stay at a resort - A family vacation at a resort is a great way to have fun while taking the stress out of trip planning. Instead of going out to several locations in one city, you can adventure, shop, eat and relax all in one place.

Don't let this summer slip by getting lost in your day-to-day routine. Let these three ideas inspire your family vacation so you can start planning your trip to make memories and have fun together this summer.

With the kids out of school, and the weather warming up, take advantage of the sunshine and your family's more flexible schedule to share experiences and strengthen your family bonds.



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