



Cleaning the kitchen

How to defrost the freezer

Defrosting the freezer regularly is a good idea for several reasons: your food keeps longer, your freezer will be in good condition and you save electricity. Yes, and the inside of the freezer will be a lot fresher, of course. It's also a good opportunity to clear out food that is past its expiration date.

Step-by-step:

1. Turn off the freezer and leave the door open.
2. Empty the freezer. Put the frozen food items in the fridge (preferably with ice-packs) or in the sink.
3. Place a towel on the floor in front of the freezer and put out an oven tray or other shallow vessel that the meltwater can flow into. Keep an eye on the thawing and empty the vessel regularly.
4. Never chip the ice away, you may damage the freezer.
5. When all the ice has gone, wash down the freezer and sealing strips using lukewarm water and washing-up liquid, and dry off thoroughly to avoid the build-up of new ice.
6. Wash up the freezer drawers and also dry off these thoroughly.
7. Close the door and turn on the freezer again at -18° . Wait for a while and then put back the drawers and frozen food items.

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How to clean the oven

Cleaning the oven can be perceived as tricky. Just follow the step-by-step instructions below. If you are unsure about what you need to do, please contact your caretaker.

What you need:

Oven cleaner, soft sponge (scratch-free), hob scraper and a cloth.

Step-by-step:

1. Remove the oven trays, oven racks and side rack holders from inside the oven.
2. Spray oven cleaner inside the oven, according to the oven cleaner instructions. If required, scrub using the scratch-free sponge.
3. Detach and separate the glass panes in the oven door. Spray with oven cleaner, scrape using the hob scraper and then scrub using the scratch-free sponge.
4. Dry off thoroughly.
5. Set the oven to 225°C for 30 minutes to remove any residue and odour.
6. Clean the oven trays, oven racks and side rack holders in a similar way, dry off and put back.

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Cleaning the kitchen

How to clean the cooker: for glass hob or hot plates



What you need:

- Hob cleaner and hob scraper (if you have cooker with a glass hob)
- Oven cleaner (if you have a cooker with hot plates)
- A soft sponge (scratch-free)
- A cloth

Cooker with a glass hob, step-by-step:

1. Scrape carefully using the hob scraper to remove residue.
2. Spread out hob cleaner on the glass hob, according to the hob cleaner instructions. Scrub using the scratch-free sponge.
3. Dry off using kitchen roll paper or a soft cloth.

Cooker with hot plates, step-by-step:

1. Spray oven cleaner around the hot plates (not on the hot plates).
2. Leave to take effect, according to the oven cleaner instructions.
3. Dry off using a damp cloth.

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Cleaning the kitchen

How to clean the extractor fan filter

An extractor fan filter full of residue and fat constitutes a fire risk. Therefore, if you live in an apartment, you should clean your extractor fan filter every 3 to 6 months. If you live on a corridor, AF Bostäder cleans your filter regularly.

Step-by-step:

1. Remove the extractor fan filter from the cooker hood and place it in the sink (if there is room) or on a shallow tray.
2. Pour hot water over to cover the filter, add washing-up liquid and leave it to stand for a few hours or overnight.
3. Pour out the water and rinse off the extractor fan filter. Clean the filter holder.
4. Leave to dry and then put the extractor fan filter back in the cooker hood.

If you need a new extractor fan filter, contact your caretaker.

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Cleaning the kitchen

How to clear the water trap under the sink



When water in the sink drains away slowly, it may be time to clear the water trap. Follow the step-by-step instructions below or check out our video, which shows you what to do.

What you need:

A bucket, an old toothbrush, washing-up liquid.

Step-by-step:

1. Empty the cupboard under the sink and place a bucket under the water trap.
2. Unscrew the lower part of the water trap.
3. Clean the water trap, e.g. using an old toothbrush and a little washing-up liquid. Dry off places that you can reach. Throw away residue in the household waste (do not flush it down the toilet).
4. Screw on the lower part of the water trap again.
5. Flush water through the water trap before you take away the bucket to make sure the water trap is sealed properly.

If you are unsure about what you need to do, please contact your caretaker.

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