



## Maid's Laundry Rules

- Always ask if you are not sure
- Wash laundry according to the labels
- Keep colored and white laundry separate
- Wash colored laundry separated as to colors
- Wash by hand: silk, wool, delicate underwear
- Use the given washing detergent as instructed. Do not use more
- Never take any other washing detergent before asking
- Never use chloride for washing
- Steam iron laundry with the temperature stated on the labels
- Starch the following items .....
- Switch off the iron when you leave the ironing board
- You do not need to iron .....
- Never wash sanitary napkins out of paper in the washing machine
- Never use the dryer for .....
- Keep socks together when washing
- Check and repair buttons, zips, etc.
- Fold shirts/blouses
- Do not fold shirts/blouses
- Do wash pet's blanket separate
- Wash your laundry separate from the rest
- Wash cleaning clothes separate from other laundry

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## Maid's Food Rules



- Boil drinking water and water for cooking and ice cubes
- Clean your hands with liquid soap and brush fingernails before handling food
- Tie up/back your hair
- Change the kitchen towels every day
- Do not cut food sitting on the floor
- Clean the dishes with soap and rinse with hot water
- Clean all appliances you use every day.
- Cut food on plastic boards and clean the boards with hot water
- Do not leave unwashed dishes in the dishwasher
- Clean the dishwasher net daily
- Rinse items used in connection with raw meat, chicken and seafood with hot water
- Do not keep food leftovers in the fridge longer than a day.
- Cook meat, chicken and fish well
- Cover all food when outside and inside the fridge
- Keep eggs inside the fridge
- Keep fruits and vegetables inside the fridge
- Do not freeze unfrozen food again
- Clean the fridge once a week and defrost regularly
- Do not keep too much frozen food in the freezer, clear regularly
- Label food placed in the freezer with the date of purchase
- Do not use shopping bags for freezing food and do not reuse bags for freezing food
- Cover kitchen appliances outside cabinets (e.g. toaster)
- Clean vegetables, salad and fruits thoroughly before use by soaking them in clear water first and
- Mop kitchen floor every day
- Sweep table tops at once after meals and food preparation

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