

The 10-Minute Cleaning Supply Reset

Check what you have, read the labels and keep what you use.



FIND WHAT YOU NEED

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START YOUR CLEANING SUPPLY RESET AND THE METHOD

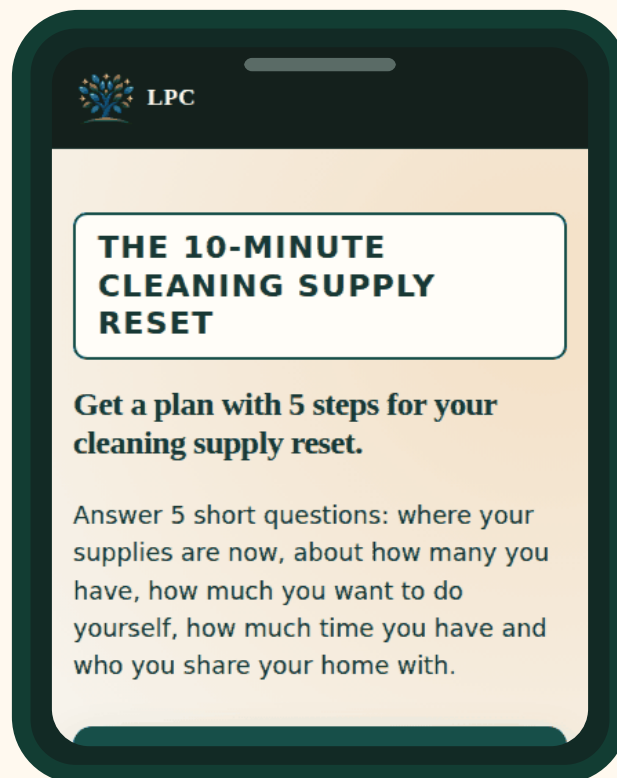
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Quick Route: Start with the Cleaning Supply Companion App



If you have half-used bottles and sprays at home and do not know what you have, the Cleaning Supply Companion App can help you start now.

CONTINUED

You answer 5 questions, and the app gives you a plan with 5 steps: see what you have, read the label, choose one place, write what you use and set a day to look again.

Save favorites and add personal notes, so your app is tailored to your preferences.

You can create 2 complete personalized plans free.

Read the Important Note About Cleaning Supplies and Safety first. Then use the app for a plan, or keep reading and learn the method at your own pace.

Open the Cleaning Supply Companion App

<https://cleaningsupply.lifeperksclub.com>

A GENTLE NOTE

Important Note About Cleaning Supplies and Safety



This guide gives everyday ideas for seeing what cleaning supplies you have, reading the labels, choosing one place for them and setting a day to look again. It is general information. It is not health, safety, cleaning or environmental advice.

CONTINUED

It does not tell you which product to buy, how to use a product, how to mix products or how to get rid of a product. It does not promise that your home will be clean or that any product is safe. It names no brands and gives no prices.

The 10-minute frame, the 4 parts, the order of steps, the one place and the one check day are this guide's own ideas. They are a way to make a small start. They do not come from an official source.

The guide leans on 2 U.S. government pages: one from the U.S. Environmental Protection Agency, the EPA, and one from the U.S. Consumer Product Safety Commission, the CPSC. Whenever the guide says what a page says, it says "according to the EPA" or "according to the CPSC".

CONTINUED

Everything else is the guide's own suggestion, and it says so.

For anything about how to use or store a particular product, the label on that product is the place to look. If you are not sure, write "ask" next to it and leave it as it is.

This guide and the companion app never ask you for a card number, an account number, a Social Security number, an address or a password. Please do not type those into either one, and do not write them in your notes.

You never have to do a step that feels like too much. If a step does not fit your day, skip it and go on to another one.

[START HERE](#)

Why Cleaning Supplies Pile Up



Most people do not decide to own a lot of cleaning supplies. They just add one at a time. A new spray for the bathroom, a bottle that was on sale, a refill that came in a bundle.

CONTINUED

Nothing asks you to stop and look. The cabinet under the sink fills up slowly, and every bottle was a good idea on the day it came home.

There is also no clear moment to check. A fridge gets looked at when you cook. A cabinet full of bottles only gets looked at when something runs out or something leaks.

So a half bottle stays at the back. Nobody remembers what it was for. Nobody wants to guess, and so it stays there another year.

Labels do not help much at a glance. Words like "natural" or "green" look friendly, but they do not tell you what is inside. That is why a bottle can feel hard to judge.

CONTINUED

That is why "I should sort out the cleaning stuff" can stay on a mind for months. Nobody did anything wrong. The week was busy, and the thought had no place to go.

This guide does not turn you into an expert. It does something smaller. It shows you how to see what you have, read the labels, choose one place and pick one day to look again.

You do not need tools or knowledge. You need a pen or your phone, a look at the place where you keep your supplies and about 10 minutes.

The 10 minutes are a starting frame, not a promise that you will be finished in 10 minutes. It means one short sitting is enough to know what comes next.

THE 4 PARTS OF A CLEANING

The 4 Parts of a Cleaning Supply Reset



A cleaning supply reset can feel like a lot. This guide splits it into 4 parts so you look at less at a time. The split is the guide's own idea. It is not an official list.

CONTINUED

See what you have. A short list of the bottles, sprays and refills you own, written in your own words. You do not count and you do not judge yet.

Read the label. One look at what each label says. According to the EPA, words like "eco safe" or "environmentally friendly" are vague claims, and it is important to be careful when you read them.

One place. Choose one spot for your supplies. According to the CPSC, chemicals and cleaning

CONTINUED

supplies belong in a locked cabinet or box, out of children's reach.

The check day. One date on which you look again. The date is the guide's own idea.

If something does not fit, put it with the part that feels closest. The parts are only there to help you look at less at a time.

You do not have to do all 4 parts on the same day. A small start with one part is a complete start.

THE METHOD

Your 10-Minute Cleaning Supply Task Dump



A task dump means writing down everything that comes to mind, without sorting it. Set a timer for 10 minutes. This frame is the guide's own.

Take a piece of paper or open the notes on your phone. Write one line for each thing. Do not put

CONTINUED

them in order. Do not worry about whether it is big or small.

Write down what you know and what you do not know. Where do my cleaning supplies live now? Is there more than one place? Which ones do I use every week? Which ones have I never used?

You can also write down the small things you keep meaning to do. A line that says "look under the bathroom sink" is a complete line.

Your list may look like this: look under the kitchen sink, check the cabinet in the hall, find the spray I always reach for, read one label and write one date. These are only examples. Your list will be different.

CONTINUED

Next to each line you may write which of the 4 parts it belongs to: see what you have, read the label, one place or check day.

If a line is a question, put a question mark at the end. A page with 5 question marks is a good first page. It tells you exactly what to look at.

When the timer rings, stop. You do not have to finish the list. A half list is better than a list in your head.

Keep the page. The next sections tell you how to use it.

THE METHOD

The 10-Minute Cleaning Supply Reset: Order of Steps



ONE PLACE - ONE LABEL CHECK - ONE CHECK
DAY - 10 MINUTES

Here is the order this guide suggests. It is the guide's own order. It is not from an official source, and you can change it to fit your day.

CONTINUED

1. **See what you have.** Write the bottles, sprays and refills you can find.
2. **Read the label.** Look at what the label says and write what you notice.
3. **Choose one place.** One spot that you can reach easily and that suits the CPSC advice.
4. **Write what you use.** Mark the ones you reach for.

CONTINUED

5. **Set a check day.** Choose the day to look again.

You do not need to finish one step before you start the next. But if you are not sure where to start, start at the top.

Take one step today. A short start that you finish is better than a big one that you drop.

If you share your home with someone, show them the page when you are done. 2 people looking at the same page often find something that one of them forgot.

The next sections go through the steps one by one.

CLEANING SUPPLIES

Cleaning Supplies: See What You Have



Seeing what you have is the first step. This section is the guide's own. It does not use an official source, and it tells you nothing about the products themselves.

CONTINUED

Start in the place you think of first. For most people it is the cabinet under the kitchen sink. You may also have supplies in a bathroom, a hall cabinet, a laundry area or a garage.

Look at one place at a time. Do not take everything out. Look, and write a line for each thing in your own words: "blue spray, bathroom", "white bottle, floor", "refill, kitchen".

Do not write the brand if it takes time. A few words that let you know which one you mean are enough.

Write where each one is now. A bottle in 2 places is a good thing to know about.

CONTINUED

Do not decide anything yet. This step is only for seeing. There is no right number and no wrong number.

If you find something you cannot tell what it is for, write "ask" next to it. Do not guess. The label is the place to look, and the next section is about that.

If you find a bottle that has no label, write that down too. This guide does not tell you what to do with it. The label and the maker of the product are the places to ask.

When you have seen the place, stop. You do not have to do the others today. Write "other places" at the bottom of the page.

CLEANING SUPPLIES

Cleaning Supplies: Reading the Label



Reading the label is the second step. This section is mostly the guide's own, and it uses one idea from the EPA page.

Take one product in your hand and look at the front and the back. Write down the name, the first

CONTINUED

line of what it says it is for, and any seal or mark you see.

According to the EPA, vague claims such as "eco safe" or "environmentally friendly" are also known as greenwashing, and the page says it is important to be careful when you read them. A friendly word on the front is not proof.

The guide does not tell you what the claim means for a product. It only helps you notice which words are on the front and which are on the back.

Look for 2 things and write what you see: what the label says the product is for, and whether it has a seal or mark from a program. The next section is about the seals the EPA names.

CONTINUED

The label is also where the maker puts the instructions for that product. This guide does not repeat any of them. If a label says something you do not understand, write "ask" and go on.

Do not read all the labels in one sitting. Pick the 3 bottles you use most. 3 is a guide's idea, not a rule.

If a label is worn off or too small to read, write that down. A note that says "cannot read" is better than a guess.

When you have read 3 labels, stop and look at your page. You already know more than you did 10 minutes ago.

CLEANING SUPPLIES

Cleaning Supplies: Greener Claims and Labels



Seals and marks are the third idea in the reset. This section uses the EPA page, Identifying Greener Cleaning Products, and it adds a few small ideas of its own.

CONTINUED

According to the EPA, some cleaning products may contain chemicals linked to eye, skin or respiratory irritation, and ecolabels are a good tool to find greener products quickly and easily.

According to the EPA, its Safer Choice program certifies products that have safer ingredients for people and for the environment.

According to the EPA, the Design for the Environment label, called DfE, is for antimicrobial products such as disinfectants and sanitizers. It requires that a product meets pesticide registration rules and the Safer Choice criteria.

According to the EPA, both labels have online search tools. The guide does not repeat what is in them. If you want to check a product, the EPA page is the place to start.

CONTINUED

The guide does not recommend any product. It does not say that a product with a mark is better for you or that a product without one is worse. It only helps you see which marks are on your labels.

Write on your page which of your 3 products has a mark and which has none. If you are not sure that a mark is the one the EPA means, write "ask".

A mark you do not recognize is not a problem. Write it down and look it up on another day.

Keep this section short. Reading a label is a small step, and one line on your page is enough.

CLEANING SUPPLIES

Cleaning Supplies: Disinfectants and Where They Fit



Disinfectants are a part of many cabinets. This section uses the EPA page, and it only covers what that page says.

CONTINUED

According to the EPA, it is best to limit disinfectants to areas where people are likely to touch contaminated surfaces, such as bathroom fixtures, doorknobs and other high-touch surfaces.

According to the EPA, many general cleaning jobs, such as cleaning walls or floors, do not usually need a disinfectant.

The EPA page also points to other EPA pages about disinfectants. The guide does not go into those, and it does not tell you how to use any product.

Take your page and look at your list. Write "D" next to the products that say they disinfect or sanitize. If a label does not say, write nothing.

CONTINUED

Then think about where you use them. Write one line: "I use it on". If the answer is a place that many hands touch, you are in the place the EPA describes. If you do not use it, that is also an answer.

The guide does not say whether you should own one. It does not say how often to clean or how to use a disinfectant. The label is the place to look for that.

This is a small step. A page with a few "D" marks and a few lines about where you use them is a good page.

If you have nothing that disinfects, there is nothing to do in this section. Move on to the next one.

CLEANING SUPPLIES

Cleaning Supplies: Choosing One Place



The place is the third step. This section uses the CPSC page, Poison Prevention, and it adds a few small ideas of its own.

CONTINUED

According to the CPSC, chemicals and cleaning supplies should be stored in a locked cabinet or box, out of children's reach.

According to the CPSC, household chemicals should be kept in their original child-resistant containers.

The guide does not say how to lock a cabinet or which box to use. It does not name any brand. The CPSC page is the place to look for more.

The guide adds one idea of its own about the place. Choose one spot that you can reach easily and that suits those 2 lines from the CPSC. A place you can reach is a place you will use.

CONTINUED

If your supplies live in more than one place, pick the one that is easiest to keep up. Write "main place" next to it on your page.

If you are not sure where to put a product, leave it where it is and write "ask". The guide does not move things for you.

Write the place in one line. Add a second line with what you would need to make it work, for example "a box with a lid" or "a spot higher up". These are only examples.

If you share your home, tell the others where the place is. A place nobody knows about does not help.

CLEANING SUPPLIES WITH KIDS,

Cleaning Supplies With Kids, a Partner or Housemates



A cleaning supply reset is easier when everyone knows what is happening. This section is the guide's own set of ideas, and it only covers small, practical things.

CONTINUED

With children. According to the CPSC, chemicals and cleaning supplies belong out of children's reach. Do not ask children to help with the bottles. Ask them to help with something else, like drawing the place on the page.

With a partner. Share the page. One person looks at the labels and the other one writes. Swap after a few bottles.

With housemates. Write the place on a sheet and say who looks at it on the check day. Write the name and the day.

CONTINUED

With a parent. If you are helping a parent, sit down with them at the kitchen table. Write the 4 parts on one page and let them choose the place.

Alone. Do the start at a time of day when you have energy. Do one step and stop when you want.

In every case, say the plan out loud before you start. Say how long it will take and who does what.

If someone does not want to take part, do not argue. Do your own part. Ask again another day.

STEP BY STEP

The Night Before Your Cleaning Supply Reset



The night before is easier when the things are close. This section is the guide's own plan. It only takes a few minutes.

Look at your calendar and choose a 10-minute slot for tomorrow. Write it down.

CONTINUED

Put a pen and a piece of paper, or your phone, where you will see them in the morning. If you have your task dump, put it with them.

Think about which place you will look at first. Write it at the top of your page, or write "ask" if you do not know yet.

Find a clear spot on a table or counter where you can put your page. You do not need to take anything out.

If you share your home, tell the others that you will try. A short message is enough.

You do not need to prepare more than this. A small start tonight makes tomorrow lighter.

STEP BY STEP

Cleaning Supply Reset Day: A One-Page Plan



A start is easier with a one-page plan. The plan is the guide's own. Write it on a single sheet and keep it where you can reach it.

At the top. Write the date and the time you will start and stop.

CONTINUED**Step 1: See what you have (about 3 minutes).**

Look at one place and write a line for each product.

Step 2: Read the label (about 3 minutes). Pick 3 products and write what the label says they are for.

Step 3: Choose one place (about 2 minutes).

One spot you can reach easily. Write it down.

Step 4: Write what you use (about 1 minute).

Mark the ones you reach for.

CONTINUED**Step 5: Set a check day (about 1 minute).**

Choose a day to look again. Put it in your calendar.

The times are only a rough guide. The frame is the guide's own.

At the bottom. Write 3 lines: what I did today, what I will ask and what I will do on the check day.

When the time is up, stop. Tell someone what you did, in one sentence. That is the end of the day.

If the plan does not fit on one page, you wrote too much. Cross out one line and keep the rest.

THE METHOD

After Your Cleaning Supply Reset: Your First 10 Minutes



When you finish the start, you do not have to be done with everything. This section gives you a short next step. The 10-minute frame is the guide's own.

CONTINUED

Look at your page. You may see a list of products, a few labels, a place and a few lines that say "ask".

Take the first 3 minutes to look at the lines that say "ask". Pick one. Write where you will look for the answer. For most of them, the answer is on the label or on the EPA or CPSC page.

Take the next 3 minutes to do one small thing. It may be reading one more label or choosing the main place.

Take the next 2 minutes to put the page where you can find it next time. The kitchen, a folder or a photo on your phone all work.

CONTINUED

Take the last 2 minutes to write the check day in your calendar. Name it clearly: "Supply check".

Do not try to do all of it today. A short list that you come back to is better than a long list that you drop.

If you want one more small thing, read the 2 CPSC lines once more, out loud. Hearing it helps it stick.

Then stop for the day.

CLEANING SUPPLIES THAT GET

Cleaning Supplies That Get Forgotten



Some things are easy to forget. This list is the guide's own set of reminders. It is not official, and some may not apply to you.

- The bottle at the back of the cabinet, behind the one you use.

CONTINUED

- The spray in the other room, which is the same as the one in this room.

- The refill that is still in the bag.

- The cabinet in the hall that nobody opens.

- The label on the back, which nobody reads.

- The note you wrote last time and cannot find.

CONTINUED

- The date for the next look at your supplies.
- The person who said they would check the cabinet.
- The EPA and CPSC pages, which have the lists.

If you see something here that you have not looked at, do not feel bad. These are the ones that everyone forgets, because they do not make noise.

Pick one from the list. Add it to your page. Write it down and put a date next to it.

If you use the app, your answers to 5 short questions shape the plan.

WHERE TO START

When Your Cleaning Supply Reset Falls Apart



Plans change. A busy week arrives. The timer rings and you have only looked at one cabinet. This section is for those days. The ideas are the guide's own.

CONTINUED

You ran out of time. Stop. Write down where you stopped. Do the rest in another 10 minutes.

You could not find a label. Write "no label" and go on. You can come back to it.

You are not sure about a product. Leave it as it is. Write "ask". The label and the maker are the places to look.

You cannot decide on a place. Write 2 choices and pick one on the check day. According to the CPSC, chemicals and cleaning supplies belong in a locked cabinet or box and out of children's reach, so start there.

CONTINUED

Someone else uses the supplies. Do not argue. Write their name on the page and ask them what they have noticed.

The month went by. It happens. Write today's date and start again. You do not have to make up for it.

You do not feel like it. Do one thing: look at one bottle and write one line. Then stop. A small start counts.

You do not have to do a perfect start. A short, calm sitting can help more than a perfect plan that you never use.

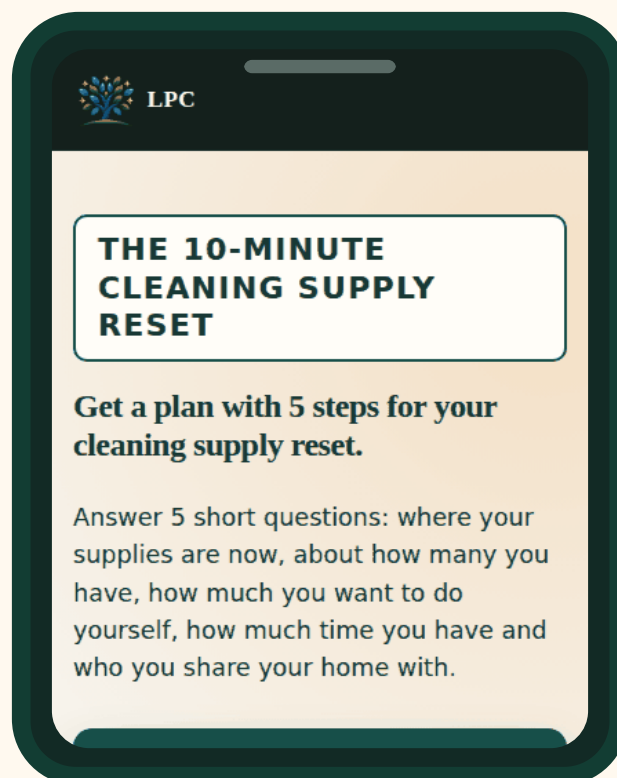
When you are ready, start again. Open your page. Pick the first step.

OPTIONAL COMPANION APP

The Cleaning Supply Companion App

This guide explains the method. The Cleaning Supply Companion App turns it into a plan for your life.

You answer 5 questions: where your supplies are now, about how many you think you have, how



CONTINUED

much you want to do yourself, how much time you have and who you share your home with.

The app gives you a plan with 5 steps: see what you have, read the label, choose one place, write what you use and set a day to look again.

The app gives no advice about which product to use or how to use or mix any product. On storage it gives no advice of its own for a particular product. It does not promise that any product is safe.

CONTINUED

Save favorites and add personal notes, so your app is tailored to your preferences.

You can add a note that says when you last looked at your supplies.

You can create 2 complete personalized plans free. After that, a one-time unlock of \$9 keeps it yours. There is no subscription and no renewal.

The app never asks for a card number, an account number, a Social Security number, an address or a password.

Open the Cleaning Supply Companion App

<https://cleaningsupply.lifeperksclub.com>

More Mini Guides and Companion Apps:
<https://cleaningsupply.lifeperksclub.com/hub>

FINAL CHECKLIST

Final Checklist: The 10-Minute Cleaning Supply Reset



☐ I wrote down what I know and what I do not know in a 10-minute task dump.

☐ I looked at one place and wrote a line for each product I could see.

CONTINUED

☐ I read the labels of 3 products and wrote what they say they are for.

☐ I noticed which of them have a mark from a program, and I wrote "ask" where I was not sure.

☐ I marked the ones I reach for.

☐ I chose one place, with the CPSC lines in mind: a locked cabinet or box, out of children's reach, in the original containers.

CONTINUED

☐ I did not change how I use any product because of this guide.

☐ I wrote one note in my own words and set one check day.

☐ I did not write any card numbers, address or passwords on my page.

☐ I know that this guide does not promise that any product is safe, and that the EPA and CPSC pages are the places to look.

The phrase 10-minute cleaning supply reset means one short sitting in which you see what you have, read the labels, choose one place and set a day to look again.

SOURCES

Sources Used for Cleaning Supply Guidance

The statements about greener claims, labels, disinfectants and storage come from 2 U.S. government pages. They were checked again on October 19, 2026. The EPA page shows that it was last updated on April 9, 2026. The CPSC page shows no date.

Check the official pages for the latest wording.

The first page is about identifying greener cleaning products. The second is about preventing poisoning at home.

CONTINUED

This guide uses them only for these ideas.

The EPA says to be careful with vague claims such as "eco safe", and it names the Safer Choice and DfE labels. The EPA says to limit disinfectants to areas where people are likely to touch contaminated surfaces, and that many jobs, such as walls and floors, do not usually need one.

The CPSC says chemicals and cleaning supplies belong in a locked cabinet or box, out of children's reach, and in their original child-resistant containers.

The 4 parts, the one place, the one check day, the 10-minute task dump, the night before, the day and the first minutes after the start are our own suggestions. They are not official guidance.

CONTINUED

This guide gives no advice of its own on using, mixing, storing or getting rid of any product, and no prices or brand names. The label is the place to look.

- U.S. Environmental Protection Agency, Identifying Greener Cleaning Products: vague claims, Safer Choice, DfE and disinfectants. <https://www.epa.gov/greenerproducts/identifying-greener-cleaning-products>
- U.S. Consumer Product Safety Commission, Poison Prevention: storing household cleaning supplies. <https://www.cpsc.gov/Safety-Education/Safety-Education-Centers/Poison-Prevention-Information-Center>

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