



"The Innovative Cleaning Professional"

6 Commercial Cleaning Tips for Winter

Freezing temperatures have already arrived here in Worcester, Massachusetts. Before the temperatures fall further, take some time to prepare your office for the coming season. Eagle Cleaning Corporation wants to help you keep your businesses' employees and visitors safe all year long. Our janitorial experts shared their top six tips for getting your office ready for winter:

Protect Entry and Walkways

Employees are more likely to slip and fall during the winter months because of rain and melting snow. Prepare your facility before the cold weather arrives to avoid potential incidents. Be sure you have anti-slip and waterproof safety mats at every entrance to the building. It is important to have a plan of action for when winter weather hits - plan out protocol for clearing paths and using salt to reduce the risk of falling.

Disinfect to Avoid Illness

Your office should be regularly cleaned and disinfected, but especially during the colder months. Winter is prime cold and flu season, so it's important to take extra precautions to keep your employees healthy all season long. It may be time to contact us to schedule an extra cleaning this season to keep everyone in your office safe and healthy.

Deep Clean the Floors

During the winter, the flooring in your office gets a lot of use. Employees are tracking in water and salt while wearing heavy-duty shoes that can cause damage to your floors. Add mats at each entrance where people can wipe their feet and clean the floors at the end of each day are great ways to prevent permanent damage. Eagle's floor cleaning services can help you maintain your flooring to avoid costly repairs in the future.

HVAC Maintenance

Over time your HVAC system will build up with dust, dander, and bacteria. It's important to have a yearly HVAC maintenance plan in place to keep the system working in good condition. Avoid adding dust and bacteria into the air by getting your air filters changed each winter. Maintaining your HVAC will help keep your employees healthy all season long.

Let the Light Shine In (The Windows)

The sun is setting earlier every day, and that darkness can hurt office morale. Check the windows around your building. Are they dirty? Clean windows will let much more sun into your office. Be sure to keep the blinds open during the work hours to expose your employees to more sunlight and boost their moods.

Educate Your Employees

Unfortunately, some of your employees might be unaware of the information necessary to avoid getting sick this winter. Involve your employees in your winter preparation. Host a meeting to discuss your efforts and go over healthy habits for the season. Be sure everyone understands the sick policy in place and know the importance of staying home when they are sick.

STAY WARM AND SAFE!

Employees of the Month

Eagle Cleaning recognizes 2 employees a month who go above and beyond.

The recipients each receive an Employee of the Month certificate, Eagle Sweatshirt and a \$100 Visa Gift Card!
Congratulations and thank you for your hard work and dedication!
Go Team Eagle!

Brian Hinchman
Mount Holyoke



Laura Romero
Groton/Moduform



BEST PALEO ZUCCHINI BREAD (GLUTEN-FREE, DAIRY-FREE)

INGREDIENTS

1 1/2 cups almond flour
1/2 cup tapioca flour
1/4 cup coconut flour
1 tsp baking soda
1 tsp cinnamon
1/2 tsp salt
Eggs (3)
1/2 cup applesauce
2 tbs maple syrup
1 tbs apple cider vinegar
1 1/2 cups grated zucchini



INSTRUCTIONS

Preheat the oven to 350 degrees Fahrenheit.

Add all of the dry ingredients to a mixing bowl and stir until combined.

In a separate bowl add the eggs, applesauce, maple syrup, and apple cider vinegar and whisk together. Squeeze the grated zucchini in a nut milk bag or kitchen towel to remove the excess water. Then add the grated zucchini to the wet ingredients and stir to combine.

Pour the wet ingredients into the dry and stir until the batter is well mixed. Pour the batter into a greased 8.5 x 4.5-inch loaf pan.

Bake the zucchini bread for 50-60 minutes or until a toothpick comes out clean

Bon Appetit

