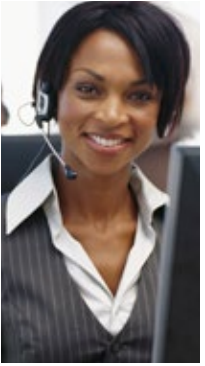




# BalanceWorks® Newsletter

September 2015 | Written by the work/life experts at eni



## Fall Cleaning

We have all heard of spring cleaning, but this year try to do a bit of “fall cleaning”. This is the perfect time of year to prepare your family and your home for the upcoming winter.

Completing a deep cleaning of your home twice per year will make it more manageable. Therefore, it’s a good idea to re-visit your spring cleaning checklist and complete tasks such as:

Washing all windows

Deep clean your carpets and floors

Vacuum and spot clean upholstered furniture and cushions

Vacuum and flip all mattresses

Dust nooks and crannies

Clean your walls

Test and/or install smoke and carbon monoxide detectors

Beyond these chores, there are a few tasks that will really help you prepare

for the winter season.

### Outside

Clean patio furniture and store away

Close down the pool

Drain and store garden hoses

Check weather stripping and caulking around doors and windows and replace if necessary

Check and clean the gutters

### Inside

Have the wood-burning fireplace and stove flues and chimneys professionally inspected and swept

Replace furnace or central air filters

Clean humidifier elements

Check dryer exhaust tubes for build up and clean

Drain sediment from hot water heaters

For more information or support on fall cleaning, contact the work/life experts at BalanceWorks® by calling:

**1.800.327.2255**

eni’s BalanceWorks® program is a confidential 24/7 service provided by your employer to help achieve work/life balance.





Vacuum refrigerator condenser coils

## Organization and Prep

Pull out the family's winter clothes and place all clothes that fit in closets and drawers

Have children try on boots and winter coats and buy new if necessary

Take stock of hats, gloves, and scarves, and buy new if necessary

Buy salt so you are ready to sprinkle it on walkways on icy days

Take a holiday décor inventory – See what you already have for the upcoming holiday season and make note of what you will need to purchase

Clean out the pantry – Throw away any food that has expired and stock up on winter cooking staples. Chicken, vegetable, and beef broth are great bases for soups and stews. Seasonings such as garlic, parsley, salt, pepper, thyme, and oregano are wonderful on roasted meats and veggies. Cornstarch and flour are perfect for thickening gravy.

Find some tasty recipes that utilize in season fruit and veggies and help warm the home on those chilly days such as this delicious recipe courtesy of Food and Wine Magazine:

## Butternut Squash-Chicken Pan-Roast

### Ingredients

- 1 butternut squash, peeled and diced into cubes
- 3 Fuji apples, peeled and cut into cubes
- 1 tablespoon chopped sage
- 1/4 cup extra-virgin olive oil
- Salt & freshly ground pepper
- 6 whole chicken legs (3 pounds)
- 2 tablespoons unsalted butter, thinly sliced

### Directions

1. Preheat the oven to 400°. In a large roasting pan, toss the squash, apples and sage with the olive oil and season with salt and pepper. Season the chicken legs and set them on top. Dot with the butter and roast for about 1 hour and 15 minutes, until the squash and apples are tender and the chicken is browned and cooked through.
2. Transfer the chicken to a plate and keep warm. Place the roasting pan over a burner and boil, stirring, until the pan juices are reduced, about 5 minutes. Return the chicken to the pan and serve.

Fall cleaning can seem like a daunting task. It helps to assign 1 task per day to each member of the family and before you know it, you will be ready for winter!

Remember that your Personal Assistant is available if you are looking for local resources such as professional carpet or gutter cleaners to help you complete your fall cleaning checklist.

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