

Spring Fling



It's time for a spring fling. Not 'fling', as in 'put your dancing shoes on', but 'fling' as in 'fling that old stuff away'. (Who can find those old dancing shoes anyway?) Yup, it's spring cleaning time, and SavvyMom is here to help you get organized with some great local services that get you started.

Go Lean

Tackle one room—even one drawer—at a time. If you haven't used it, or worn it, for a year, it could well be time to get rid of it. Call or email the [Big Brothers Renew Crew](#) for a pick-up of household goods, clothing and small appliances (larger furniture by arrangement). You could also choose to list free or low-cost goods on [craigslist](#) or with www.vancouver.reuses.com, run by the [Recycling Council of B.C.](#)

If you've got a garage or yard full of stuff to get rid of, you might want to call [CMI Junk Removal](#) or [604-Rubbish](#). Both companies will not only take all your junk, they'll make sure that whatever can be recycled or donated finds the right home (though, as markets for things like used furniture fluctuate, it's wise to double check if your items will be re-used, or just disposed of). Don't know where to start? Consider hiring [Good Riddance](#), a Burnaby organizing company that will help you conquer the clutter and put some long-term solutions in place. Until April 30th, you'll get four hours for the price of three (\$60 off). Susan Borax and Heather Knittel are experts at taming toddler toys and teen rooms, home offices and high-traffic zones.

Go Green

It's Earth Day on Sunday, so mark the occasion by checking out these [recipes](#) for non-toxic cleaners.

Good Cuisine

There's nothing like healthy meals stockpiled in the freezer to make you feel organized. [Sensational Suppers](#) is offering a special session for parents and kids on Sunday, April 29th at 2 p.m. Your kids will have a blast, and you'll arrive home with Sunday dinner, and entrees for many evenings to come. We can't escape the need for spring cleaning, but we at SavvyMom like to 'work smart, not hard'. Try out some of these local resources and you'll not only find those dancing shoes, but you'll be wearing them out on the town to celebrate!

Big Brothers Renew Crew

(604) 521-4393

www.renewcrew.com

Good Riddance

(604) 421-5952

www.goodriddance.ca