



KITCHEN CLEANING

Checklist

1. HIGH REACH AREAS

- Remove and wash curtains
- Wipe down HVAC vent covers
- Wipe down light fixtures
- Wipe down blinds
- Clean windows and window sills
- Dust cabinet tops
- Clean the range hood

5. REFRIGERATOR & FREEZER

- Eliminate clutter off the front and sides of the fridge (papers, magnets, etc.)
- Pull out everything
- Wipe down the shelves
- Clean out drawers
- Wipe out ice cube trays
- Throw away, compost, or recycle anything expired or spoiled
- Return food to the fridge and freezer (group like items)
- Dust the top and sides of the refrigerator
- Wipe down the front of the refrigerator

9. EVERYTHING ELSE

- Put dirty kitchen towels and cloths in the wash
- Wipe down knobs, outlet covers, and light switches
- Wipe down kitchen table, chairs, and stools

2. UPPER CABINETS & PANTRY

- Pull out everything from the pantry and cabinets
- Toss expired items
- Set aside anything you want to donate
- Throw away anything broken or unusable
- Wipe down pantry shelves
- Wipe down the insides of the cabinets
- Replace old shelf liners (if using)
- Clean any organizers or containers
- Group like items together for the pantry
- Place items back neatly in the cabinets and pantry
- Wipe down cabinet fronts and knobs
- Wipe down backsplash

6. OVEN & STOVETOP

- Remove oven racks to clean (or use the self-clean function)
- Wipe down the interior sides, bottom, and door of the oven
- Wipe down the stovetop and replace drip pan liners
- Wipe down knobs and buttons
- Wipe down the top and all sides of the oven

3. COUNTERTOPS & SMALL APPLIANCES

- Clear everything off the countertops
- Toss or recycle any trash
- Donate any unwanted items
- Store all items that do not belong on the counters
- Wipe down the countertops
- Clean microwave inside and out
- Clean all other small counter appliances
- Return belonging items in an organized fashion

7. SINK & DISHWASHER

- Empty the drains and run the disposal
- Scrub the sink and drain area
- Wipe down the faucet and knobs
- Clean off the sink and the dish drying rack
- Wipe down the inside and outside of the dishwasher
- Run a sanitizing cycle in the dishwasher (use 1 cup vinegar + 1 cup baking soda)

4. LOWER CABINETS & DRAWERS

- Pull out everything from the cabinets and drawers
- Toss expired items
- Set aside items to donate
- Throw away anything broken or unusable
- Wipe down the insides of the cabinets
- Replace any shelf and drawer liners (if using)
- Wipe down any containers or organizers
- Place items back neatly
- Wipe down lower cabinet and drawer fronts and knobs
- Clean and organize the under-the-sink area

8. LOW AREAS & FLOOR

- Wipe down baseboards
- Clean the trash can and the area around it
- Vacuum behind and under the fridge
- Clean under the stove (for freestanding models)
- Vacuum/sweep and mop the kitchen floor

NOTES