

Kitchen CLEANING CHECKLIST

EVERY DAY

- ☐ Clear counters of clutter & relocate anything not in its proper home
- ☐ Load & run dishwasher
- ☐ Empty dishwasher
- ☐ Hand wash pots/pans or anything not dishwasher safe
- ☐ Wipe down kitchen table + chairs/stools
- ☐ Empty trash/recycling bins as needed
- ☐ Wipe down counter tops, stove top, backsplash, sink & faucet
- ☐ Sweep floor
- ☐
- ☐

EVERY WEEK

- ☐ Disinfect counter tops
- ☐ Wipe down exterior of all appliances
- ☐ Scrub sink
- ☐ Vacuum & mop floor
- ☐ Wipe baseboards
- ☐ Clear out expired food from fridge
- ☐ Sanitize or change sponges
- ☐ Change towels/dishcloths
- ☐ Tackle stubborn stove-top stains
- ☐ Spot-clean frequently used cabinets
- ☐ Wipe down switch plates, doorknobs & picture frames
- ☐
- ☐

EVERY MONTH

- ☐ Wipe down all cabinet doors/drawers
- ☐ Wipe down inside of fridge, freezer, microwave, dishwasher & oven
- ☐ Dust top of refrigerator & cabinets
- ☐ Deep clean stove-top including gas-burner grates
- ☐ Remove stove-top knobs & wash
- ☐ Clean vent hood (including filters)
- ☐ Clean/disinfect trash bins
- ☐ Clean/disinfect kitchen sink drain & garbage disposal
- ☐ Scrub base of faucet with toothbrush
- ☐ Refill soap dispensers
- ☐ Flush out interior of coffee maker
- ☐ Clean windows & window treatments
- ☐ Re-organize & re-stock pantry
- ☐ Inventory freezer items – what needs to be eaten/tossed?
- ☐ Empty crumbs from toaster
- ☐ Deep clean cutting boards
- ☐
- ☐

EVERY SEASON

- ☐ Wipe inside of cabinets (as needed)
- ☐ Deep clean fridge interior: remove all items; wash shelves & drawers
- ☐ Clean/vacuum behind fridge including condenser coils
- ☐ Clean oven
- ☐ Scrub “toe kick” area of cabinets
- ☐ Dust/clean light fixtures
- ☐ Sort/purge junk drawer
- ☐ Check expiration on spices and oils
- ☐ Change coffee maker water filter
- ☐ Re-organize food storage containers (match lids)
- ☐
- ☐
- ☐