

# Kitchen Cleaning Checklist

## Kitchen Deep Cleaning Tasks

**Frequency:** Every 1-3 Months

### Dust Your Ceiling and Light Fixtures

- Dust your ceiling with a duster or broom
- Dust your light fixtures and ceiling fans
- Dust on top of cabinets

### Deep Clean Your Appliances

- Clean your oven with oven cleaner if there's a significant build-up
- Wash your stovetop/grates
- Clean your dishwasher filter (Monthly)
- Deodorize and clean inside the dishwasher
- Empty crumbs from the toaster tray
- Wipe down small appliances
- Descalcify your coffee maker
- Wipe the interior of your refrigerator
- Clean the inside of your microwave
- Wipe the outside of all appliances, including your refrigerator, freezer, dishwasher, and microwave

### Clean Out Your Pantry and Cabinets

- Throw away expired food items
- Get rid of storage containers with missing lids
- Clean the inside of the cabinets with a mild cleaner
- Organize items as you put them back in the cabinet
- Wash cabinet doors with dish soap and water

### Wipe Counters and Clean Backsplash

- Degrease range hood
- Wipe down backsplash
- Clean countertops

### Clean Windows, Baseboards, Walls, and Trash Can

- Vacuum dust off of curtains or launder them
- Dust and wipe down blinds
- Wash walls with dish soap and water
- Wipe baseboards
- Clean windows with glass cleaner
- Disinfect the trash can

### **Sweep and Mop**

- Sweep the floors
- Clean grout if applicable
- Mop the floors

## **Weekly Kitchen Cleaning Checklist**

**Frequency:** Once per week

### **Weekly Kitchen Cleaning Checklist**

- Clean out the refrigerator and throw away expired food/leftovers
- Scrub and disinfect your sink and faucet
- Do a quick clean inside the microwave
- Wipe the exterior of appliances
- Wipe down countertops and backsplash
- Clean kitchen table and chairs
- Sweep and mop the floors

## **Daily Kitchen Cleaning Checklist**

**Frequency:** Every day

### **Daily Kitchen Cleaning Checklist**

- Wash dishes/empty dishwasher
- Rinse out/clean the sink
- Switch out dish towels and dish rags
- Sanitize your sponge (do this every two days)
- Remove clutter or unnecessary items from the kitchen
- Wipe counters and backsplash
- Sweep the floors
- Mop when needed or spot treat dirty spots on the floor