

Kitchen Cleaning Checklist

DAILY

- ☐ Wipe up spills as they occur
- ☐ Clean up dishes, pans, pots after each meal
- ☐ Wipe down kitchen table, counters, stove top
- ☐ Scrub sink
- ☐ Empty trash
- ☐ Vacuum and mop

WEEKLY

- ☐ Clean inside of microwave
- ☐ Wash kitchen towels
- ☐ Clean left overs in refrigerator
- ☐ Check cleaning supplies and restock if needed
- ☐ Disinfect kitchen counter
- ☐ Wipe major appliances
- ☐ Toss expired food
- ☐ Wash garbage bin
- ☐ Deep clean underneath the kitchen sink

MONTHLY

- ☐ Organize pantry
- ☐ Clean dishwasher, coffee maker, oven
- ☐ Wash kitchen rugs
- ☐ Deep clean and disinfect the fridge
- ☐ Dust light, switches
- ☐ Wash windows
- ☐ Wash the cooking grease with degreaser

