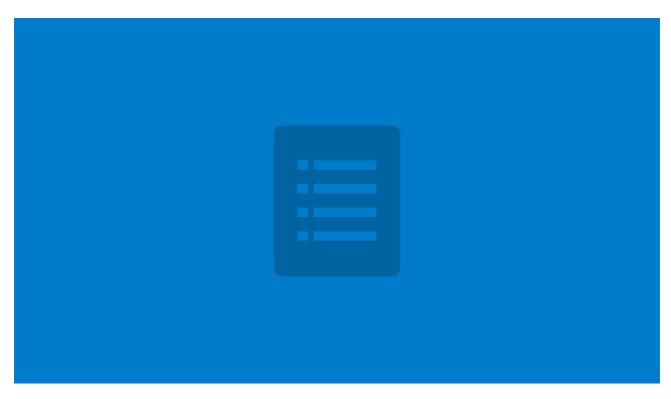
## **Kitchen Cleaning Checklist**

A free checklist for daily, weekly, or monthly kitchen cleaning duties in your household.



## **Daily Kitchen Chores**

	Clean up dishes, pots and pans after every meal (by either putting in dishwasher, or handwashing anything not dishwasher safe)
	Run dishwasher as needed (and empty when clean, as needed)
	Wipe down kitchen counters, table, and stove top (you will also need to disinfect if major spills or food leakages occur)
	Empty trash can
	Sweep kitchen floor
	Change out your kitchen towels
Weekly Kitchen Chores	
	Wipe up spills as they occur
	Clean out the refrigerator and freezer of older food
	Mop the kitchen floor
	Check cleaning supplies, and restock as necessary
	Flush kitchen drain with boiling water (helps keep drain clear and unclogged)
	Thoroughly disinfect kitchen counters and other food work surfaces
	Take out recycling

Monthly Kitchen Chores	
Clean coffee maker	
Clean dishwasher, inside and out	
Clean oven (may need to do less often, depending on the amount of use)	
Make sure pest control methods are working and properly supplied	
Clean kitchen sink drain with vinegar, baking soda and boiling water	
Clean inside refrigerator	
Wipe outside of kitchen appliances	
Update pantry inventory and freezer inventory	
Wash kitchen rugs	
Clean microwave	
Straighten cabinets and drawers	
Dust light fixtures	
Wipe down areas that accumulate cooking grease with a degreaser (here's how to clean kitchen cabinets)	
Clean garbage can  Make and Share Free Checklists  checkli.com	