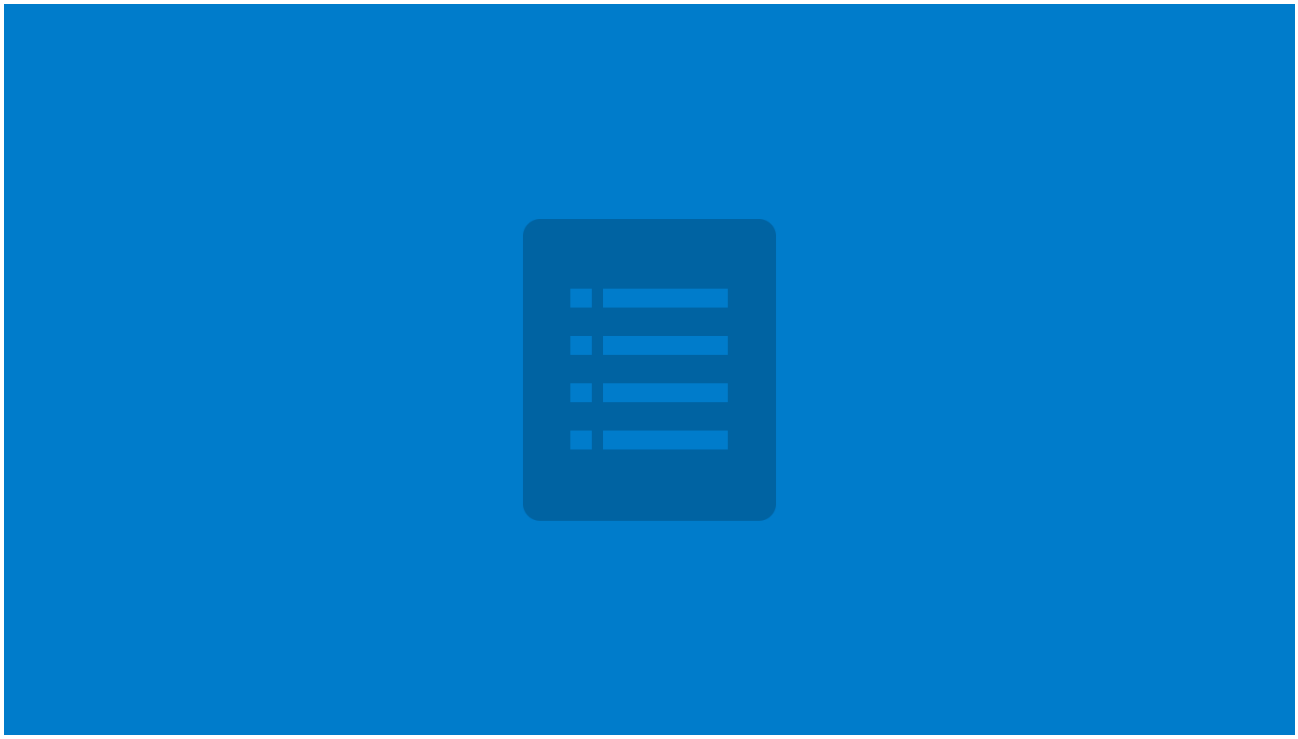
Kitchen Cleaning Checklist

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

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