

# 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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