

Kitchen Cleaning Checklist

Daily Tasks

- Clean up any spills.
- Wipe down stovetop and stove vent.
- Wash all dirty dishes and put away.
- Scrub the sink and run some ice through the disposal.
- Clean appliances and get clutter off of all counters.
- Wipe all counters down with disinfectant.
- Clean kitchen table and chairs (if you have kids, you need to do this daily).
- Sweep floors and mop if necessary.
- Empty the trash can.

Weekly Tasks

- Wipe down the inside and outside of the microwave.
- Wipe down all appliances.
- Wipe down cabinet doors.
- Clean out fridge and discard expired items and rotting fruit and vegetables (this helps you when making your grocery list and weekly meal plan also).
- If you don't mop nightly, do it at least once a week.

Monthly

- Clean coffee maker (according to your model's specifications).
- Clean the dishwasher. [Ask Anna](#) has a easy tutorial.
- Clean the garbage disposal (baking soda and vinegar work great).
- Clean the toaster crumb tray.
- Disinfect garbage can.
- Wash kitchen rugs (more often if needed).
- Dust the top of the fridge, cabinets and any light fixtures.
- Clean out the pantry.
- Wipe down the fridge shelves.
- Dust baseboards.

Every 3 Months

- Clean the oven (according to your oven's specifications).
- Wipe down cabinet shelves.
- De-clutter the cabinets and drawers.
- Dust doors and door frames.
- Dust windowsills and blinds (or clean curtains).

Yearly

- Clean behind fridge.
- Clean behind oven.
- Clean windows and screens.