# KITCHEN Cleaning Checklist 

| Daily Tasks | S | M | T | w | T | F | S |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Do a one-minute clean |  |  |  |  |  |  |  |
| Put away scattered items |  |  |  |  |  |  |  |
| Rinse, wash and put away dishes |  |  |  |  |  |  |  |
| Wipe counters |  |  |  |  |  |  |  |
| Wipe stovetop |  |  |  |  |  |  |  |
| Spot-clean floors |  |  |  |  |  |  |  |
| Take out garbage and recycling (as needed) |  |  |  |  |  |  |  |


| Weekly Tasks | Week 1 | Week 2 | Week 3 | Week 4 |
| :--- | :--- | :--- | :--- | :--- |
| Clean cabinet doors and pulls |  |  |  |  |
| Dust cabinet tops and open shelves |  |  |  |  |
| Wipe stovetop |  |  |  |  |
| Wipe oven door |  |  |  |  |
| Clean burner grates |  |  |  |  |
| Clean inside oven |  |  |  |  |
| Wipe refrigerator, inside and out |  |  |  |  |
| Toss expired food in fridge and pantry |  |  |  |  |
| Clean and disinfect sink |  |  |  |  |
| Freshen garbage disposal |  |  |  |  |
| Clean microwave |  |  |  |  |
| Clean and disinfect counters |  |  |  |  |
| Sweep floor |  |  |  |  |
| Mop floor |  |  |  |  |


| Deep-Cleaning Tasks |  |
| :--- | :--- |
| Clean coffee maker |  |
| Clean range hood |  |
| Clean and disinfect trash can |  |
| Dust blinds |  |
| Wash windows |  |
| Clean behind fridge |  |

