

Kitchen Deep Cleaning Checklist

1. Gather Cleaning Supplies

- ☐ Sponges, cleaning cloths, toothbrush
- ☐ Gloves
- ☐ All-purpose, non-abrasive cleaner
- ☐ Glass cleaner
- ☐ Stainless steel cleaner, if you have stainless steel appliances
- ☐ Lysol wipes
- ☐ Caddy or basket
- ☐ Telescoping duster
- ☐ Steam mop or conventional mop and bucket
- ☐ Vacuum or broom and dust pan
- ☐ Empty box or basket

2. Clear Countertops

- ☐ Put kitchen items where they belong
- ☐ Store anything out-of-place in the box or basket and return it later

3. Fill the Sink

- ☐ Plug drain and fill sink with soapy water
- ☐ Soak microwave turntable and dish rack

4. Empty Refrigerator

- ☐ Remove spoiled or expired food
- ☐ Empty food from storage containers into trash and soak the containers in sink
- ☐ Wipe fridge shelves from top to bottom with soft rag and all-purpose cleaning product
- ☐ Soak crisper drawer, if necessary or just wipe it out

5. Dust

- ☐ Dust cabinets, light fixtures and top of fridge using telescoping duster. Start in one corner, up high and work to the other end of the room and down.
- ☐ Knock dust to the floor

6. Clean Upper Cabinets

- ☐ Wipe down front of cabinets, handles and microwave (if mounted) with cloth
- ☐ Clean grates, hood and anything else high up
- ☐ Spray microwave interior. Let sit for a few minutes
- ☐ Wipe backsplash with cloth and soapy water
- ☐ Go back and clean inside the microwave

7. Stovetop

- ☐ Brush loose crumbs to the floor with dry cloth
- ☐ Remove grates if your stove has them
- ☐ Wipe stovetop with non-abrasive cleaning agent
- ☐ Swap cleaning cloth if it's greasy

8. Wash Dishes

- ☐ Wash dishes by hand or place in dishwasher
- ☐ Clean other larger items in sink
- ☐ DO NOT drain water yet

9. Small Appliances

- ☐ Remove crumb trays or drip pans from small appliances e.g. toaster oven, toaster, coffee maker and put them in the sink
- ☐ Wipe down outside of each appliance making sure to spray cleaner on the cloth and not on the appliance
- ☐ Rinse and dry pans in the sink and replace them

10. Clean Sink

- ☐ Drain sink
- ☐ Rinse with hot water
- ☐ Scrub basin with cleaning agent and rinse
- ☐ Clean faucet and handles

11. Countertops

- ☐ Spray counters with cleaning agent appropriate for the material they are made of and wipe clean

12. Lower Cabinets

- ☐ Clean front of lower cabinets and drawers including handles and pulls

13. Large Appliances

- ☐ Clean front and handles of large appliances e.g. stove, dishwasher and refrigerator
- ☐ Use toothbrush to clean seals of fridge and dishwasher

14. Floors

- ☐ Mop and vacuum floors
- ☐ Empty debris from sweeping or vacuuming into trash

15. Empty Trash

- ☐ Remove trash bag
- ☐ Wipe down the outside of bin and lid using Lysol wipes or wash and dry trash can
- ☐ Add a new bin liner

Read the full blog post: <https://leisurelydoesit.com/kitchen-cleaning-checklist/>