

Chore List for Kitchen Cleaning

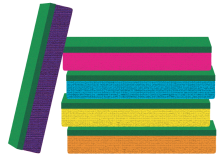


Daily

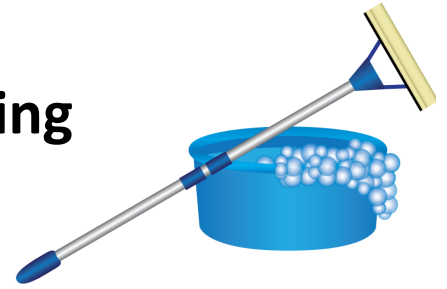
- Put away any items on table or counters.
- Empty the dishwasher.
- Wash dishes.
- Sweep floors.
- Wipe countertops.
- Wipe up spills.
- Wipe/sanitize the refrigerator handle.
- Empty the trash.
- Change towels and washcloths.
- Clean and sanitize sponges.
- Wipe out the sink.
- Sanitize cutting boards.

Weekly

- Empty the refrigerator.
- Throw away old food items from refrigerator and freezer.
- Wipe down refrigerator shelves, interior, and door gasket with sanitizing cleanser and a damp cloth before returning food.
- Empty larger trashcans.
- Take out the recycling.
- Wash and sanitize trash cans and trash cupboards with a sanitizing cleanser.
- Dust your light fixtures.
- Wipe/dust the top of the refrigerator with a damp cloth.
- Wipe/dust tops of cupboards or other high areas with a damp cloth.
- Wipe cupboard doors and drawer fronts with a damp cloth and cleanser, if needed.
- Sanitize drawer and cupboard pulls.
- Clean the fronts of appliances with cleanser and a damp cloth.
- Clean out the microwave with cleanser and a damp cloth.
- Clean the sink with an abrasive cleanser and sanitize it.
- Clean your sink drain using vinegar and boiling water.
- Freshen your garbage disposal by running it with citrus rinds or a disposal deodorizer.
- Clean faucet and sanitize handles with cleanser and a damp cloth.
- Clean and sanitize controls and handles for appliances.
- Clean and sanitize countertops.
- Sweep and mop floors.



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Monthly

- Straighten and organize cupboards and drawers, throwing away items you don't need.
- Empty your silverware drawer and wipe the inside with a damp cloth.
- Run your oven on a cleaning cycle, or clean it using an oven cleaner.
- Clean coffeemaker and dishwasher by running them with vinegar.
- Degrease stovetop and grates.
- Wash kitchen windows.

Once or Twice a Year

- Vacuum your refrigerator coils.
- Empty cupboards and drawers and vacuum them out. Follow up by wiping the drawers and shelves with a disinfecting cleanser and organize them.
- Clean your pantry, wash the shelves, and organize.
- Wash kitchen walls.
- Clean behind the refrigerator and other appliances.