



KITCHEN HABITS

DAILY

- Clear and wipe countertops after each meal.
- Wash dishes or load dishwasher — run when full.
- Wipe stove top & appliance fronts — catch spills before they stick.
- Sweep kitchen floor — crumbs and dirt add up quickly.
- Empty trash/compost if full or odorous.
- Wipe sink & faucet — prevent water spots and stains.

WEEKLY

- Mop floors — focus on high-traffic spots near sink and stove.
- Clean inside microwave.
- Wipe cabinet doors & drawer fronts — especially near handles.
- Disinfect handles — fridge, oven, dishwasher, cabinets.
- Check fridge & pantry — toss expired food, wipe shelves if needed.
- Polish stainless steel appliances if applicable.
- Wash dish towels & sponges.

MONTHLY

- Clean oven drip pans & racks.
- Wipe down backsplash — grease and splashes.
- Vacuum under fridge & stove — dust and crumbs.
- Deep clean coffee maker, kettle, or small appliances.
- Declutter one storage area — pantry shelf, utensil drawer, or cabinet.
- Clean garbage disposal — ice, baking soda, and vinegar refresh.
- Check freezer — toss expired items and organize.

QUARTERLY

- Deep clean oven — self-clean cycle or manual scrub.
- Defrost & deep clean freezer if needed.
- Wash range hood filter — degrease thoroughly.
- Reorganize pantry & fridge — group like items, label if helpful.
- Clean light fixtures — overhead, under-cabinet.
- Wash or replace shelf liners in cabinets/drawers.
- Inspect small appliances — cords, blades, and general condition.

YEARLY

- Full kitchen deep clean — ceiling, walls, floor edges, and behind all appliances.
- Pull out fridge & stove — clean back, sides, and floor underneath.
- Re-seal countertops if material requires it.
- Replace or deep clean cutting boards.
- Update kitchen tools & utensils — donate or replace worn ones.
- Check and refresh fire extinguisher.
- Evaluate storage solutions — bins, racks, and drawer organizers.

KITCHEN CLEANING CHECKLIST



DAILY

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WEEKLY

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MONTHLY

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QUARTERLY

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YEARLY

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SPACE CHECK-IN

<input type="checkbox"/>	Pantry
<input type="checkbox"/>	Tabletop
<input type="checkbox"/>	Pots & Pans
<input type="checkbox"/>	Small Appliances
<input type="checkbox"/>	Under the Sink
<input type="checkbox"/>	Cooking Utensils
<input type="checkbox"/>	Bakeware

PLUG AND PLAYHABIT IDEAS



	Vacuum/Sweep
	Dishes
	Dust
	Laundry
	Mops
	Sinks & Countertops
	Mirrors & Glass
	Doors, Knobs & Handles
	Walls & Switches
	Ceiling Fixtures
	Drains & Disposals
	Shower/Tub
	Shower Curtain and Rugs
	Range Hood & Fan

	Wash Windows
	Change Filter
	Drain Water Heater
	Clean Gutters
	Power Wash Exteriors
	Winterize Exterior
	De-Ice Freezer(s)
	Curtains
	Deep Clean Carpets
	Appliances Interior
	Under Furniture
	Cleaning Tools
	Deep Clean Trash Cans
	Clean Vents