



Kitchen Spring Cleaning Checklist



SUPPLIES

- Baking soda
- Vinegar
- Dish soap
- Warm water
- Gloves
- _____
- _____
- _____
- Sponge
- Soft cloths
- Vacuum
- Bucket
- Mop
- _____
- _____
- _____

CABINETS & DRAWERS

- Toss expired food
- Wipe jars and containers
- Clean cabinets, shelves, and hinges
- Scrub hardware
- Organize cabinet items



Pro Tip: *If you were unhappy with the way you had organized your cabinets before, this is your time to make a change.*

COUNTERS & SINK

- Clean countertop appliances
- Wipe down surfaces
- Sanitize garbage disposal
- Clean and rinse sink



Pro Tip: *Place a lemon peel in the garbage disposal and run it with water for extra freshness.*

APPLIANCES

Fridge

- Toss expired food
- Wipe down the shelves, doors, and outside

Freezer

- Defrost and remove ice
- Clean inside and out

Stove

- Clean knobs
- Wipe down surface
- Gas only: Scrub grates and burner caps and unclog ignition ports

Oven

- Soak and scrub racks
- Scrub interior
- Clean knobs
- Wipe down exterior

Microwave

- Clean plate and tray
- Wipe down interior, exterior, and hinges

Dishwasher

- Clear the drain trap
- Clean the gasket, filter, and racks
- Run a cleaning cycle

FLOORS & WINDOWS

- Clean window sills, tracks, and frames
- Rinse window screens
- Clean inside and outside windows
- Vacuum (behind fridge, oven, etc.)
- Mop or polish floor