

Kitchen Cleaning Checklist

A thorough kitchen cleaning checklist covering appliances, surfaces, the sink, fridge, and floors.

Clear and Prep

- ☐ Wash, dry, and put away any dishes in the sink or rack
- ☐ Clear countertops and set items aside to wipe surfaces fully
- ☐ Empty the trash and recycling and add fresh liners
- ☐ Put away groceries, condiments, and stray pantry items
- ☐ Gather your cleaning supplies and a fresh dish cloth

Countertops and Surfaces

- ☐ Wipe down and disinfect all countertops
- ☐ Clean and degrease the backsplash
- ☐ Wipe cabinet fronts, handles, and drawer pulls
- ☐ Disinfect high-touch spots like light switches and faucet handles
- ☐ Wipe down the windowsill and any open shelving

Appliances

- ☐ Clean the stovetop and scrub the burner grates or coils
Soak removable grates in hot soapy water while you clean the rest.
- ☐ Wipe the oven door and clean the interior if needed
- ☐ Clean the inside and outside of the microwave
- ☐ Wipe down the toaster, kettle, and coffee maker
- ☐ Polish stainless steel surfaces and appliance fronts
- ☐ Degrease the range hood and wipe or replace the filter

Refrigerator

- ☐ Discard expired food and leftovers
- ☐ Wipe down shelves, drawers, and door bins
- ☐ Clean spills and sticky spots inside the fridge
- ☐ Wipe the exterior, handles, and the top of the fridge
- ☐ Vacuum the coils and floor behind the fridge during deep cleans
- ☐ Check and wipe the freezer, removing any frost buildup

Sink and Drain

- ☐ Scrub the sink basin and remove any stains
- ☐ Disinfect the faucet, handles, and sprayer
- ☐ Clean and freshen the garbage disposal
- ☐ Clear the drain and remove trapped food debris
- ☐ Wipe down the dish rack and soap dispenser

Floors and Finishing

- ☐ Sweep up crumbs and debris, including under the toe-kicks
- ☐ Mop the floor, paying attention to corners and under appliances
- ☐ Wipe down the trash and recycling bins

- ☐ Replace dish towels and the sink sponge
- ☐ Do a final wipe of counters and a quick inspection